

OUR OFFERING

Training and Presentation Skills



Introduction

Getting your message across, whether it is training others or using presentations to persuade others, is an acquired skill.

Our workshops feature a combination of theory and practical experience to equip individuals in these areas.

Our approach to learning

We are passionate about what we do and our approach which we call **REALITY** Learning



Relevant – Ensuring the learning is relevant both in context and application



Exciting – Capturing the excitement of the participant so they want to know more



Achievable – Ensuring participants feel confident that they can achieve



Lived – Focus is on a lived experience and telling stories to bring learning to life



Interesting – Incites the participants to want to know more



Transforming – Inspires individuals to make changes



Yields Value – Focus on measurable impacts to the business

The workshops

Presentation Skills

Duration: 1 day

No matter how many times you've done it, presenting in front of peers, clients, colleagues or strangers can be challenging, nerve-racking and stressful. This workshop will provide you with all the knowledge and skills you need to deliver in an engaging and persuasive way. The content includes:

- What makes a great presentation?
- Structuring Your Presentation
- Handling Nerves
- Using Words, Tone and Body Language effectively
- Engaging with the Audience
- Handling Questions
- Skills Practice
- Action Planning

Train the Trainer

Duration: 1 day

Upskilling and training others is an important part of team building, as it enables skills to be shared and enhanced. This session is aimed at equipping people with the skills required to train others in the workplace and will include:

- Key components of delivering an effective training session, including creating manageable chunk and using a simple to complex approach
- How to effectively interact with your audience to ensure that the training is embedded
- Handling questions effectively
- Managing yourself, including handling nerves
- A practice session in which participants will have an opportunity to put the learned skills into practice

These sessions can be run:

- **Virtually – we would recommend using a bite sized approach using 90-minute sessions.**
- **Face-to-face individual workshops at our premises or your organisations.**

Please contact Helen@strategisolutions.co.uk to discuss further.

