

# Speak Up, Be Heard and Feel Confident

Do you lack speaking confidence? Are you tired of sitting in meetings and hearing others suggest good ideas you had yourself? Do you want to make smooth conversation at social gatherings or business events? If so, this speaking with confidence training is just for you.

This program will help you become more confident when interacting with others, speaking in a variety of informal situations and presenting to small groups.

## ***Designed for you***

This speaking confidence course is designed for people wanting to improve their confidence and speaking skills in situations such as meetings and social gatherings.

## ***Outcomes***

Learn how to:

- beat the fear of speaking up
- overcome communication barriers
- present a professional image
- ask questions and listen actively
- hold a conversation
- present to small groups
- control physical and mental nervousness
- tell a story in an engaging way
- build your public speaking confidence.

## ***Tailored group training - in-house or through virtual workshops***

Ask us how we will tailor this program to your organisation or team.

Benefits are that we tailor the:

- *Content* to suit your organisation's needs.
- *Delivery* to reflect your procedures, values, examples and terminology, which encourages participants to apply their new skills in their roles.
- *Duration* to suit the availability of your team members and your budget.

Tailoring is mostly for free and always economical as costs are based on a per day delivery and not per participant.

## ***Request a quote***

Please call 1300 655 098 to ask us how we can tailor a program to your needs.

Alternatively, email us at [info@icml.com.au](mailto:info@icml.com.au).

# Virtual Workshops

We deliver programs in interactive, live online workshops, accessible from a device anywhere.

## Highly impactful learning

- Replicating face-to-face workshop experiences through conferencing technology.
- Using extra features for engagement: polls, quizzes, chat, electronic whiteboard.
- Learning in multiple shorter bursts – allowing practice between sessions.

## Benefits of virtual workshops

- Attend the training from the comfort of home or personal workstation.
- No travel time or expenses.
- Multiple short sessions – less impact on work.

## Simple access

- You need: a device with camera and a quiet place.
- No software needed.
- Click on a link to gain access.
- Works on any personal device and most corporate systems.

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