



# Public Speaking Course

A 5 Star Rated course from the  
Training experts





# Public Speaking Course

Being able to convey what we want to say in an effective, engaging and meaningful way is a skill that can be developed in everyone

## Introduction

This one-day interactive training course will identify key areas and pass on skills that will contribute towards you becoming a proficient speaker in a range of different contexts.

We will explore the tools and techniques to create and deliver unique and memorable speeches that make you stand out.

## Who would benefit from this course?

The course is designed for people who wish to develop their public speaking skills in their professional lives, those who may be preparing for an event, or those who just want to become more proficient when addressing or interacting with others.

## Classroom & Virtual Classroom Courses

We offer this course as a classroom based course and as a live, interactive online course.

Our classroom courses are run as public courses at the venues shown below or as a private course anywhere in the UK.

Our online Virtual Classroom courses are available for people anywhere in the world with internet access. You will be able to see the trainer, their screen, be able to chat and ask questions, just like on our regular classroom courses.

No More Than 6 Delegates

5 Star Rated Course

Practice Led Learning

3 Months Online Support

Lunch Provided

Detailed Course Notes

Our interactive practical courses and learner centred approach, combined with small class sizes, provides the very best learning environment

Google

5.0 ★★★★★

Personal, practical and clear approach. I have found it really helpful. I am leaving feeling a lot more confident. Thank you.

Lauren Banks  
Manchester Care

## Public Course Venues and Prices

	1 Delegate	2 Delegates
Manchester:	£295 + VAT	£495 + VAT
Leeds:	£295 + VAT	£495 + VAT
Online	£190 + VAT	£320 + VAT

## Private & One to One courses

We offer private group courses and one-to-one courses throughout the UK from £690 and Online From £190 (half day). Please email or call us with your preferred venue, number of delegates and any requests.





# Public Speaking

## Course Outline

This course will teach you how to become more confident when speaking in public

### Course Objectives

Recognise and acknowledge some of our fears when speaking in public

Identify what we value about public speaking

Understand how to plan and structure what we want to say

Identify some of the most common pitfalls when speaking in public and develop strategies to overcome them

Develop an understanding of how to

connect with our audience

Learn skills to help us remain focused, relaxed, and in control

### Course Topics

The impact of our non-verbal behaviour

Comfort, Stretch, or Panic?

### Content & Structure

Logical Levels – how to appeal to the head & heart

Use of rhetorical questions

Effective use of stories, anecdotes, and metaphors

Bookending

Using the 'Power of 3'

### Delivery

Breathing effectively

Volume, speed, and pitch

Awareness of crutch words

Using notes effectively

How to use space well

How to review and develop

To book please see next page

Google

5.0 ★★★★★

Really knowledgeable [Public Speaking] trainer. Made me feel very confident

Nigel Grant,  
Great Lengths

For private courses the course content can be adapted to suit your requirements. Please contact us to discuss your requirements.





# Public Speaking Course

## Why Choose M Training's Public Speaking Training Course

- Run by an experienced trainer
- This course is limited to 6 places so you are guaranteed personal support throughout the day
- From Only £295 + VAT per delegate
- Convenient locations in Manchester, and Leeds.
- We provide one to one and private group courses throughout the UK
- Course notes and support material
- Lunch & refreshments provided
- Certificate of achievement

## Private and One-to-One Courses

One-to-one and private group courses are available from £690 for a one day classroom course and from £190 (half day) or £350 (full day) for a private online course .

These courses are ideal if you cannot make one of the set course dates or if you want a more advanced course or different course outline/focus.

One-to-one and private group courses can be run anywhere in the UK, at our Manchester office or via Virtual Classroom online.

## How to book

To reserve your place on our 1 Day Public Speaking course, Simply pick your preferred date and book on our website, send us an email or give us a call.

Or if you prefer, we offer private and In-House training on request.

Email: [info@mtraining.co.uk](mailto:info@mtraining.co.uk)

Call: 0161 226 6032

Or visit: [www.mtraining.co.uk](http://www.mtraining.co.uk)

We offer group booking discounts for two or more delegates.

The [Public Speaking Course] trainer was amazing.

Will definitely keep an eye out on future courses.

Sarah Partington  
Slater & Gordon