



Deliver it  
with Impact



On Your  
**FEET.**

present • pitch • persuade

# Deliver it with Impact

You don't need us to tell you how important it is to be able to get your message across to a group of people. There are plenty of benefits, these include:

- You get the opportunity to raise your profile both within and outside your organisation
- You get invited to speak at conferences and other events
- You are more likely to get promoted / get that job / be made a leader



## ● One Day Presentation Skills Masterclass

On this fast paced, highly interactive videoed presentation skills course we focus on getting you "on your feet" as often as we can. We spend less time on theory and more time on learning by doing. We give you a comprehensive yet compact manual with all the theory relating to preparing and delivering your presentations.

Although this is a group course, we make it personal to you. Before you attend the course we send you a short on-line questionnaire. We use this questionnaire so you can self-assess your current skills and identify your own specific needs. This helps the trainer to help you to get the most from the course.

## ● Number of Attendees

In order to allow time for personalised feedback we limit workshop attendees to 8.

## Who Would Benefit?

This highly participative programme is for those new to presenting and those who have some presenting experience but no previous formal training.

## Course Objectives

After this 1 day programme you will be able to:

- Discover and enhance your own natural style
- Present with increased self-confidence
- Prepare for and control nerves
- Connect with your audience
- Structure a presentation for maximum effect
- Open and close with impact
- Use the 3S's of presenting
- Get and hold attention
- Develop natural body language
- Maximise your vocal impact
- Understand PowerPoint best practice.

## How Do We Help You?

This programme is participatory, fast-moving and will have you on your feet, more than once. Each attendee presents twice to video, once in the morning and again towards the end of the day.

After you have presented to video you will receive brief one to one feedback, in a separate room. During your one to one feedback we look at what is working well for you but we also identify what specifically needs to improve. We then coach you during the course on your personal areas for improvement, giving you personal guidance on how to achieve these improvements.



# One to One Training

If you prefer a private session, focussed on your own specific needs, then this is the option for you. Before your session we find out exactly what you want to achieve. This means that when we meet, we can get straight down to business and achieve more in less time.

If you have a specific important speaking event coming up, we can help create your presentation from scratch or fine-tune what you have created. We can also give you advice on PowerPoint best practice as well as some really useful tips, tricks and techniques to help you present with extra impact.

We have a wide variety of clients availing of this service – ranging from those speaking at a conference or event, to those in politics or those in senior management.



## ● Two Day Presentation Skills Masterclass

During this 2 day masterclass we get you “on your feet” 5 times to video. This masterclass is high energy, high impact, and moves at a fast pace. We spend the minimum time on theory and the maximum time getting you on your feet, both on and off camera. Each attendee receives a comprehensive yet compact manual with all the theory relating to preparing and delivering high impact presentations.

Before attending the masterclass we send you out a short on-line questionnaire. We use this questionnaire so you can self-assess your current skills and identify your own specific needs. This means that even though this is a group course, the trainer will focus on the needs of each trainee as an individual.

## ● Number of Attendees

In order to allow time for personalised feedback we limit workshop attendees to 8.

## Who Would Benefit?

This highly participative programme is for those with some presenting experience who want to boost their presenting skills to a significantly higher level.

## Course Objectives

After this 2 day programme you will be able to:

- Identify and enhance your own natural style
- Plan your presentations using a 3 part process
- Increase self-confidence
- Minimise nerves
- Open and close with purpose
- Add credibility to your key message
- Employ the 3 S's of presenting
- Build and hold rapport with an audience
- Improve vocal technique
- Add impact with body language
- Present to persuade
- Understand PowerPoint best practice
- Use props for added effect
- Effectively facilitate a Q&A session
- Use structures to handle Q&A with credibility

## How Do We Help You?

This masterclass will be challenging, participatory, and will have you on your feet frequently over the 2 days - both on and off camera. You will be videoed briefly, 5 times and receive one to one feedback, in a separate room. During the feedback we look at your strengths and identify anything that is detracting or distracting. We then coach you on these items and turn you into a high impact presenter.

# What Makes Us Different

All of our enthusiastic, passionate and professional facilitators hold internationally recognised training qualifications. The combination of their qualifications and their practical business experience will give you the confidence that you can achieve your presenting goals.

- We give one to one feedback on each person's video in a separate room
- We get you 'On Your Feet' frequently throughout the day because we know you learn best by doing
- We believe one of the key elements in presenting is to be 'yourself' so we help each attendee to build on their own natural style
- We run all of our training extremely professionally, yet also keep the atmosphere relaxed and fun.



'Very participative, well paced and engaging. Pre-course questionnaire was good and made me really think about what I want.'

## About Our Founder

Barbara Moynihan founded On Your Feet in 2010.

Some years before that, in her early 20's she stood, nervously, in front of a room of people and realised that public speaking was not as easy as it looked. Many years later, following a career in finance, she decided to help others overcome the public speaking difficulties she herself had encountered.

Her first career in training was a 10 year period with Dale Carnegie Training, delivering their High Impact Presentations courses both in Ireland and in several European countries.

She is a well-known and regular speaker at conferences and events and is a previous winner of the Network Dublin Self Employed Business Woman of the year award.





## Speaker at Your Event

We can speak at your event on a range of topics from networking to communicating and presenting.

Sample topics include:

### *How to network like a natural*

Learn the secrets to networking with ease in any situation, whether formal or informal.

### *How to lose friends and alienate people*

Uncover the top reasons why communications fail and how to avoid them.

### *6 simple steps to present with impact*

Discover the 6 simple steps to help you put together a high impact presentation.

### *Perfecting your pitch*

How to put together a concise and convincing elevator pitch.

'HUGE thanks for a terrific job. The folks here were BUZZING after your session. You role modelled everything you spoke of and you inspired.'



## Conferences and Events

We can facilitate and MC your event. We have done this for conferences ranging from hospitality, to construction and award ceremonies.

We can speak at your conference, breakfast event or lunch and learn. We speak on a range of topics in the areas of communication, networking and presenting.



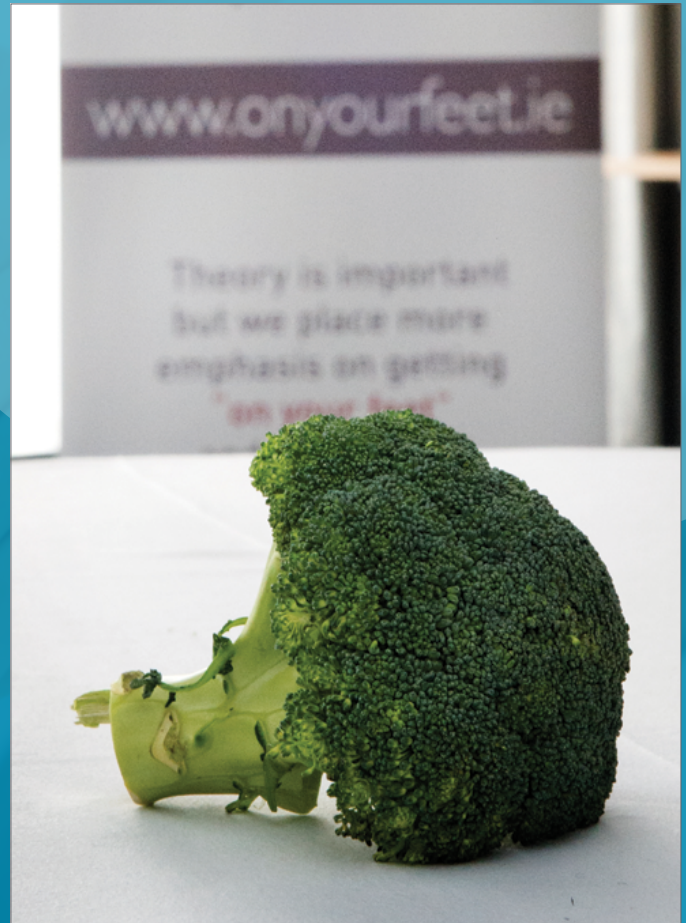
# Some of Our Happy Clients

*'Very engaging - really focused on not only the group but also on me as an individual & areas for development'*

*'I really liked the trainer's attitude and the practical approach where we spent most of the time doing'*

*'It was fantastic, exceeded expectations. Definitely beneficial and like that we have a manual and videos to look back on for when presenting'*

*'The training was hugely beneficial and everyone who attended has only had positive things to say. It really was one of the best day's training we ever had. Really productive, really useful and definitely skills we will all use instantly and regularly.'*



Broccoli ... just one of our teaching aids!



## Book Your Course NOW

Call us on +353 1 254 2206 or Email [bookings@onyourfeet.ie](mailto:bookings@onyourfeet.ie)

