



# VIRTUAL ONE-TO-ONE PRESENTATIONS COACHING

FOCUSED AND CONFIDENTIAL



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# ABOUT OUR ONE TO ONE SESSIONS

Our one to one coaching sessions allow for private and more targeted presentation skills coaching.

These sessions appeal to those who have barriers preventing them from attending a longer group event. They also appeal to those who want to fine-tune their skills for a significant speaking event.

Those who avail of the one to one sessions range from those who have moved into a new role, are speaking at a conference or event, or those in senior management.





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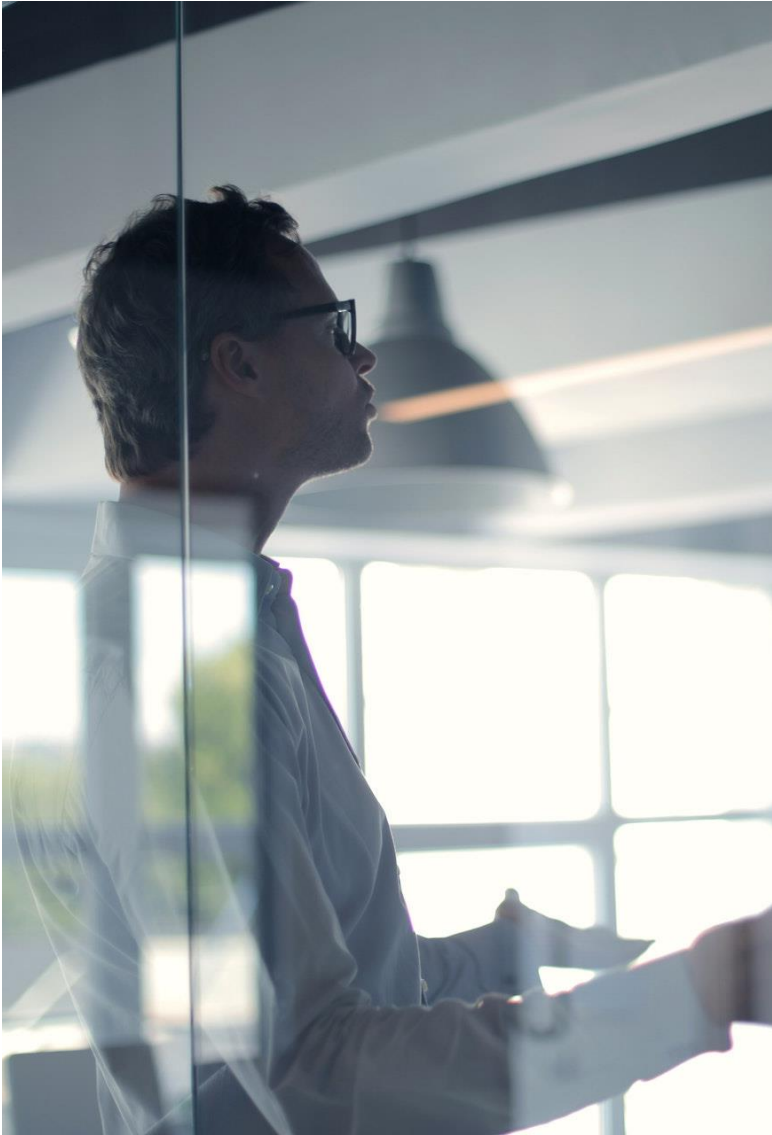
# WHO WOULD BENEFIT?

The one to one coaching suits those who prefer to have individual focused attention.

They are suitable for the most inexperienced speaker through to those who are highly experienced or even those who have not presented for a while and want to bring their skills to the next level.

Many of our clients availing of these sessions do so for a specific speaking event or pitch for which they need to deliver at their absolute best.



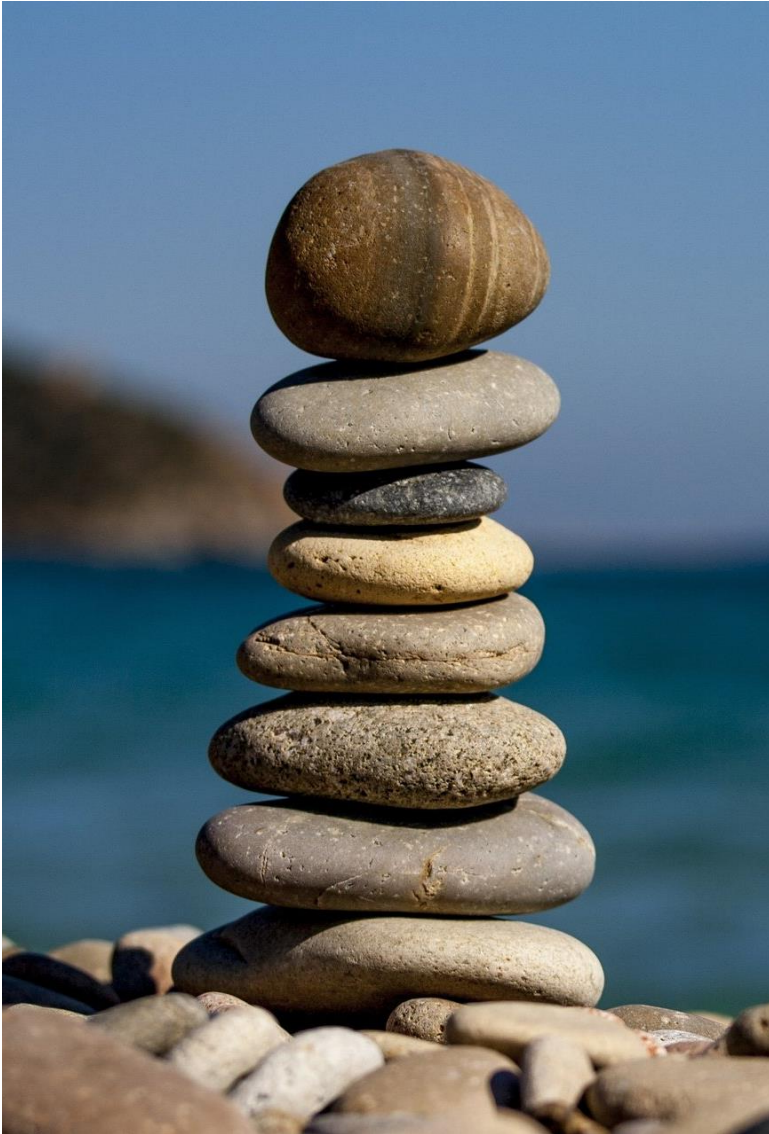


# AIM OF THE SESSION

Each attendee of our one to one coaching sessions has different needs.

Whatever the specific needs, at the end of the session/s the attendee will have gained confidence and techniques to allow them to deliver significantly more impactful presentations.

For some of our clients, they just need some help on their delivery skills. For others they want to know the best way to structure a message so that the audience “gets” their message and they, as presenters, achieve the outcomes they set out to achieve.



# SESSION OBJECTIVES

Objectives for the session could include:

- ✓ Identify and enhance own natural style
- ✓ Increase confidence and control nerves
- ✓ Learn techniques to deal with "going blank"
- ✓ Become familiar with the SSS of presenting
- ✓ Plan effective presentations
- ✓ Build rapport
- ✓ Grab and hold attention
- ✓ Improve vocal & visual impact
- ✓ Engage audience
- ✓ Use different forms of evidence
- ✓ Present persuasively
- ✓ Prepare and deliver an elevator pitch
- ✓ Use visual aids & props effectively
- ✓ Facilitate and control a Q+A session
- ✓ Use simple structures to answer questions
- ✓ Think on your feet
- ✓ Deal with difficult questions
- ✓ Use story-telling to add impact and interest



# OUR 3-STEP APPROACH



**Before** the programme, we send the attendee our pre-session questionnaire. This helps them to self-evaluate, highlight their **specific requirements** from the session, which in turn then enables the facilitator to help them to achieve their objectives.



**During** the session/s, the participant will have opportunities to present with supportive yet frank feedback with very **specific** suggestions on how to improve. At the end of each session, we help them identify opportunities to implement the learnings to cement the progression in their presenting capabilities. The session/s will comprise of a combination of theory and practical work all targeted to the client's particular needs.



**After** the session, we give the attendee **lifetime access** to a client only area on our website where we have helpful videos, books, talks, blogs and in-depth downloadable programme notes.

## TESTIMONIALS

“ I really want to thank you again, I really believe having that presentation down is what swung the promotion for me and I wouldn't have been that prepared if it wasn't for you.

“ I rocked it – but it is all down to the preparation with you. I felt much more comfortable and confident.

“ The presentation you helped me with has been really successful for us and has really helped customers and prospects (and even ourselves, if I'm honest!) understand who we are and what our vision is for delivering value to them.

## COST

All our sessions are totally focused on **your specific needs**, whether that is content, delivery, slides or a combination of all three

**Cost is based on virtual training via Zoom and includes:**

- ✓ Supply and evaluation of pre-session questionnaire
- ✓ Discussion to establish specific outcomes
- ✓ Review of presentation slides where required
- ✓ Private access to our client-only resources

€250 per hour (plus VAT, where applicable)

**Note:** We offer a 100% refund if you are not entirely satisfied with our services.

# OUR CLIENTS INCLUDE:





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# ABOUT ON YOUR FEET



We are a small team of facilitators, just 3 of us – Barbara, Majella and Kevin. We have all worked in business for several decades – both in Ireland and overseas. In addition to this we all hold internationally recognised training qualifications.

As a team we hold many qualifications. These vary from IT, to coaching, through to Masters degree level in Management Practice.

We believe that the combination of our **practical business** experience and the academic **qualifications** enable us to understand our clients and help them meet their business goals.

# NEXT STEPS...



[info@onyourfeet.ie](mailto:info@onyourfeet.ie)



+353 (0)1 254 2206



+353 (0)87 226 6712



[www.onyourfeet.ie](http://www.onyourfeet.ie)

Our one to one coaching sessions are **customised to suit your specific needs.**

Please don't hesitate to get in touch if you have any questions regarding this or any of our online programmes, or if you would like to check availability.

