

Just Get Serious™

About Your Public Speaking Skills

For Professional and Personal Success

An interactive, engaging and motivating learning experience

Effective public speaking is key for your success both professional and personally. Learn the skills that will enhance your ability to communicate your ideas and opinions to others. Whether giving a formal presentation or speaking informally, you can be a more effective communicator. This workshop is designed to help you feel more comfortable and confident with public speaking. It covers both prepared presentation and impromptu speaking.

This program includes time for each attendee to give short speeches and receive individual tips to help them improve their presentation skills. The program will be customized to address the needs and concerns of the client and specific industry.

Participants will learn how to:

- Ask the needed pre-presentation questions in order to prepare a speech
- Determine the purpose of the speech and make sure it is accomplished
- Develop a well thought-through presentation
- Practice a speech
- Deliver a speech with impact using body movements, gestures, vocal variety and eye contact
- Develop a great opening and gain the audience's immediate attention
- Close a speech effectively
- Make a speech memorable
- Relieve nervousness
- Convey confidence
- Use stories to enhance a speech
- Be at ease with impromptu speaking
- Use visualization for presentation success
- Dress appropriately for a presentation
- Handle questions with ease
- Conduct a post-presentation review and evaluation so they continue to improve

For more information, including scheduling and pricing, contact:

Donna Satchell
STARR Consulting & Training
770-498-0400
Donna@STARRct.com
www.STARRct.com

Program Facilitator



Donna Satchell is a professional speaker and trainer. After years of nervousness and anxiety over public speaking, she overcame her fears and is passionate about helping others to do likewise.

Ms. Satchell is known for her engaging and motivating style of training. She has worked in various markets including governmental, travel and tourism, corporate, small business, non-profit and school systems.

Ms. Satchell is a member of the National Speakers Association and the American Society for Training and Development.

For additional information about Donna Satchell and STARR Consulting & Training, visit www.STARRct.com. There you will find details about other programs, testimonials and videos from several of her presentations

"I attended Ms. Satchell's public speaking workshop expecting a cursory review of the subject. I was completely surprised to be presented with a thorough review of all the critical steps in the process. I learned that the steps leading up to the actual presentation are as important as the actual delivery. I am eager to attend a more advanced seminar with her to take my skills to the next level. Her workshop is great for the novice and as a review for people with public speaking experience."

Frenesa K. Hall, MD, Chief Medical Officer, Mobile-Medicine