

# THE MINDFUL PRESENTER MASTERCLASS



A mindfully crafted one day virtual workshop  
for anyone who wants to present with  
confidence, presence and  
impact

A high impact public speaking and presentation skills training course mindfully crafted to help professionals who need to present, persuade, influence or pitch.

This Masterclass focuses on everything you need to know to connect with your audience and be remembered for all of the right reasons.

This workshop is for anyone who has to deliver a message, share an idea, has a story to tell or simply wants to speak with more confidence and authority.

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**mindful  
presenter**

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*Connecting*  
is everything

[hello@mindfulpresenter.com](mailto:hello@mindfulpresenter.com)

[mindfulpresenter.com](https://mindfulpresenter.com)

# Programme outline

This unique presentation skills workshop will give you the knowledge and skills you need to prepare and present a high impact presentation to any audience. As our training is designed for people at all levels and from all industries our content will be adapted to explicitly meet the individual needs of your delegates aligned to the culture, style and objectives of your business.

We don't believe in 'off the shelf' training, we know what works and we create bespoke programmes for you and your people. Our training is proven to significantly increase your results, giving you a dynamic impact in front of any audience. We work in small groups of people so that we can work closely with each person to ensure they leave the workshop with the skills they need to present their message with presence, confidence, authenticity and ease.

Presenting doesn't have to be as daunting as many would have us believe, we like to have some fun too. Working with small groups allows us sufficient time to coach delegates within the workshop to ensure we meet their individual personal objectives.

Everyone can learn to enjoy public speaking and presenting once they have learned how to mindfully craft and deliver a presentation with confidence.

*Speak with confidence, clarity and impact. That's mindful presenting.*

# What you'll learn



- How to prepare and present mindfully with presence, authority and authenticity.
- How to speak confidently in front of any audience and become an inspirational speaker.
- Valuable tips you can apply immediately at your work, next team meeting, pitch or presentation.
- Strategies for presenting complex messages.
- What it takes to be a great communicator.
- The power of self-disclosure.
- How to control your nerves and build confidence.
- Presentation structure, how to open and close.
- How to use visuals effectively.

- How to handle difficult questions.
- The power and use of storytelling.
- How to make your presentation memorable and stand out from the crowd.
- How to increase your personal impact and influence.
- Personal feedback and coaching.
- How to use your voice and body language to present with impact.
- How to remain composed, calm and think clearly under pressure.
- How to speak easily without notes.
- How to get buy in and commitment from your audience.
- How to manage and overcome bad habits.
- How to present virtually with confidence.
- How to involve and interact with your audience.
- Awareness of your unique style and strengths as a presenter.
- What every audience needs and wants from you.



# OUR TEAM

Our coaches have all come from senior management roles in the corporate sector. They aren't actors or people who have just been trained to train, they are exceptional presenters who understand exactly what it takes to succeed in the commercial world.

We love to design and create bespoke material for clients across all sectors. From finance to pharmaceuticals we've probably trained people from just about all industries. Whatever the presentation, whatever the scale we can always help.

*"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."*

Maya Angelou