



## 4D Presentation Skills

---

This unique, one-day, presentation skills course provides techniques and tools for presenting to groups at pitches, business meetings, conferences and seminars. You will learn the gold standard skills used by 'world class' professional presenters.

---

Presenting is more than just writing a script and creating a PowerPoint. It's about communicating your ideas, beliefs and experiences with energy in:

### 4 Dimensions

- Physical – How you behave
- Emotional – What you feel
- Intellectual – How you think
- Intentional – What you value and believe

And from **2 Perspectives**

- The shared environment
- Your shared experience with your audience

### About This Course

This course is intended to help you become a more confident, memorable and effective presenter. No previous experience of presenting is necessary, as the course will cover all the fundamentals of great presenting- and much more.

Let us know how we can help...We look forward to hearing from you

### Get in touch

Call Tom on 07583 446075 or email [tom@4dhumanbeing.com](mailto:tom@4dhumanbeing.com)  
Call Philippa on 07958 316227 or email [philippa@4dhumanbeing.com](mailto:philippa@4dhumanbeing.com)

[www.4dhumanbeing.com](http://www.4dhumanbeing.com)



## Who Should Take This Course?

Anyone who needs to:

- Deliver memorable presentations
- Build more confidence
- Develop their presenting skills
- Increase their personal Impact
- Work creatively with PPT

## Outline of the Content

- What qualities make for an effective presenter?
- Dealing with nerves
- What happens in the first three seconds of a presentation?
- Energy, Confidence and Presence
- PowerPoint and how to create and manage slides to increase the effectiveness of your presentation
- Passion and Story telling
- Gestures
- The Voice
- Stage Craft
- The Five point presentation structure.
- Putting it all together.
- Summary- Q&A -Finish

## Learning Outcomes

On completion of this course, it is expected that you will be able to:

- Manage nervousness and anxiety.
- Present confidently in front of small and large audiences.
- Plan and structure an engaging presentation.
- Understand how to use body language and stagecraft to increase personal impact.
- Build interesting and engaging slides
- Handle difficult questions

## Learning Methods

A mix of theory - 20% - and up on your feet, interactive practical work - 80%

All training materials will be provided.

## Get in touch

Call Tom on 07583 446075 or email [tom@4dhumanbeing.com](mailto:tom@4dhumanbeing.com)  
Call Philippa on 07958 316227 or email [philippa@4dhumanbeing.com](mailto:philippa@4dhumanbeing.com)

[www.4dhumanbeing.com](http://www.4dhumanbeing.com)