Public speaking and presentation skills
Public speaking training at ISOC
Public speaking is fundamental to success in professional and public life.

ISOC presentation and public speaking training and coaching programmes help people to create simple, clear and compelling presentations and deliver them effectively, whatever the situation.

What to expect

You’ll spend a stimulating and memorable session in the company of an inspirational public speaking coach. You will build presence, authority and a newfound ability to captivate an audience.

Systematic training

ISOC presentation training is rigorously designed, drawing on perspectives from psychology, linguistics, sociology, physiology, rhetoric, communication theory and theatre as well as practical experience. That’s why it works. You will see, hear and feel the difference.

Inspiring coaching

ISOC presentation training is also practical, inspiring and fun! Many people find public speaking to be a daunting challenge. Luckily, our sessions are always full of smiles and laughter, because we all learn best when we feel relaxed and perform best when we feel confident.
The ISOC public speaking model

**Voice and body**
You’ll learn about vocal projection, pace, breathing, stance, posture, gesture and movement.

**Content and structure**
You’ll learn about preparation, organisation, narrative, framing, messaging and visual aids (including PowerPoint).

**HOW IT WORKS**
We’ll power up your presence using practical vocal drills, breathing exercises and body language warm-ups.

**HOW IT WORKS**
We’ll deepen your knowledge using concise briefings on best practice, case study examples, practical tips and rules.
Audience engagement
You’ll learn how to connect and interact with your audience, secure and maintain attention, interest and respect, and manage questions.

Dynamic delivery
You’ll learn to deliver presentations with greater confidence, authority and impact.

How it works
We’ll empower your interpersonal skills using role-play exercises and structured discussions.

How it works
We’ll support you through practice presentations on your own subjects of knowledge. Then we’ll use video replay with constructive and practical personal coaching.
What you will learn

Voice
- Understand the mechanics and physiology of breathing and vocalisation
- Project your voice more powerfully for greater authority
- Improve your vocal tone, pace, clarity, quality and enunciation
- Prepare your voice for public speaking with practical drills and warm-up exercises

Body
- Master your own body language through self-awareness
- Build physical presence and confidence
- Signal authority through your stance and posture
- Use movement and gesture effectively to make your point

Content
- Prepare a presentation by selecting effective messages, topics and themes
- Analyse the audience and occasion to develop targeted positioning
- Power up your language and rhetoric to win attention, interest and memory
- Explain complex ideas so that everyone will understand, care and respond
Structure

- Organise what you have to say with a clear and coherent structure
- Make your information easier to absorb using narrative, framing and focus techniques
- Open and close your presentation with a memorable introduction and conclusion
- Illustrate your ideas effectively with visual aids such as PowerPoint

Engagement

- Connect with your audience through meaningful interaction
- Involve, reference and consult your audience to link them to you and your topic
- Break the ice at the beginning, call to action at the end
- Handle difficult questions professionally

Execution

- Speak in public with new-found confidence and presence
- Deliver much more influential, memorable and convincing presentations
- Overcome the effects of nervousness, stress and fear of public speaking
- Practicalities: speaking notes, slides, timing, microphones, autocues, webcasting, etc.
Presentation Training and Public Speaking (2 days)

Presentation Training and Public Speaking is a stimulating two-day presentation training course led by an inspirational public speaking coach.

The course consists of fun and practical workshops on key topics including voice, posture and movement.

You will build presence, confidence and authority through practical vocal projection and body language exercises.

You will benefit from video feedback and personal coaching in a relaxed, supportive and positive atmosphere.

You will develop new-found confidence in public speaking and the ability to captivate an audience.

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MODULES

- Voice and body language: awareness and exercises
- Framing and structuring a presentation
- Designing visuals to support a presentation
- Refining, finalizing and rehearsing a presentation
Advanced Public Speaking and Presentation Skills (2 days)

This course consists of two days of public speaking training and coaching on advanced presentation skills. It empowers presenters to raise their delivery to the next level.

You will learn to create and deliver powerful, persuasive and memorable presentations.

You will harness the latest research and techniques in the science of information visualisation and the psychology of learning, memory and persuasion.

You will also master interpersonal communication across all formats including challenging areas such as handling hard questions and moderating panels.

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Customised public speaking courses

The value of in-house training
Tailor-made courses are a good solution because they focus the session tightly around your particular needs.
Private courses let you practice sensitive or confidential material, and also work well as a team-building exercise.

Process
We will work with you in advance to determine exactly what your people need from the session, then draw up a customised programme to meet the required learning goals.
We will build workshops that are directly relevant to your organisation, your people and the types of presentation that are most relevant for them in terms of content, audience and style.

Delivery
Training can be delivered either at your offices, or at another location if more convenient.

Languages
We work in all major languages, including English, French, Spanish and Arabic.
NEXT STEPS

- Email us an outline of what you need, and we’ll reply with a detailed proposal.
- You can also call your local ISOC centre for free advice and ideas. Contact details are on the back page.
In-house training options

Executive coaching for public speaking

Top leaders face high expectations when it comes to public speaking. They need to be articulate, passionate and effective presenters. They must perform in highly public environments, with special challenges including difficult questions after speeches.

We understand these needs and have a strong track record of one-on-one coaching with chief executives, ministers, ambassadors, sports stars and royalty.

Our trainers operate at the highest level and can be relied upon to deliver results that endure in public performance. We have delivered private coaching for all kinds of clients in all kinds of situations including:

- Prime ministers preparing for public engagements
- Executives preparing for conference speeches
- Government ministers preparing for national policy announcements
- Teams preparing for multi-billion-dollar pitches
- Managers preparing technical presentations
- Politicians preparing for public rallies
- Celebrities and sports stars
Private group courses for public speaking

Customised group courses enable teams of people from the same organisation to train together in presentation and public speaking skills.

Private group courses share the same rigorous theory base and inspiring methodology as all ISOC public speaking programmes.

Training is based around four dimensions:

- Voice and body
- Content and structure
- Audience engagement
- Quality of execution

Sessions comprise voice drills, and body language exercises, best practice briefings, discussions and role-plays.

In the centrepiece, participants practice delivering work-related presentations which are videotaped and replayed for trainer-led coaching and practical, constructive feedback.
Important and technical presentations are tough to develop. We need to explain complex ideas in a clear and simple way. We must weave together clear messaging with persuasive arguments. We need to build a logical structure with a coherent narrative. We have to develop slick and professional visual aids.

All of this can be challenging to achieve in-house, particularly against a deadline.

ISOC presentation experts can lighten the load and optimise content for those presentations that really matter.

We take a collaborative approach and embed one or more specialist consultants or designers within the team developing the presentation.
ISOC has supported clients for top-level presentations including the launch of an interplanetary space mission and successful pitch to a Head of State to approve a $20 billion infrastructure project.
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