

## CASE STUDY

### PUBLIC SPEAKING AND PRESENTATION SKILLS

It's often described as one of the most stressful things to do, but giving a successful speech or presentation is a skill that can be taught and learned. One Degree can build a speaker's confidence using tools that focus on what needs to be said, and how it can be said.

Public speaking is the opposite of bicycle riding. It's a life skill, but not one that can be mastered once and applied for the rest of your life. It does require some practice.

One Degree has successfully improved the public speaking skills for a variety of clients, each from a different skills level. It takes time, commitment from the speaker, a willingness to listen before you talk and it involves an analytical process and self evaluation. Finally, it requires practise.

Academics, business leaders, accountants, local government directors and a host of other groups and individuals have gained from One Degree's specialist knowledge and tailored approach.

Participants have rated the workshops highly, reporting that by applying the suggested techniques they built their confidence and greatly improved their delivery.

One of life's great thrills is walking away from the podium and knowing that you've nailed it. One Degree delivers an active process that uses '*learn one, see one, do one*' techniques to apply and embed presentation skills.

Below is a response from a senior university lecturer who undertook this workshop prior to competing in an academic presentation program.

***"I found the three part formula to be highly effective and efficient resulting in a extremely useful PD experience. Not only did the intervention prompt me to approach my actual presentation in a quite different way, and was directly responsible for my winning the competition, but it has also motivated me to revise my teaching delivery (both face to face and online)."***