

Speak Up, Speak Out!

Our Speak Up Speak Out! Workshop is a fun, interactive day of learning, confidence building and presentation skills. This training is designed to build confidence enabling people from all backgrounds to speak with clarity, conviction and impact. Participants will learn how to:

- Speak with passion, eloquence and conviction about their charity's vision
- Speak with confidence and clarity
- Overcome nerves
- Engage an audience
- Prepare an effective speech
- Improve presentation skills
- Think on your feet
- Enjoy public speaking

Participants will be given lots of opportunity during the day to speak in front of the group and receive feedback from both the group and the facilitator. This will take the form of impromptu speaking and writing and then performing a 3 minute speech.

Trainer: Speakers Trust

At Speakers Trust, the vision is for every person to be able to speak confidently and to be heard.

Thursday 25 May 2017

10am – 4pm

Penrith Rugby Club, Winters Park, Penrith CA11 8RG

Price includes lunch and refreshments.

Early Bird Booking by **Thursday 11 May 2017:**

£ **70** CVS members (£**85** thereafter)*

£ **90** Non members (£**110** thereafter)*

*Cancellation policy applies

Book and pay online: www.cumbriacvs.org.uk/training-and-events OR

Complete and return a booking form with payment to:

- Cumbria CVS, 6 Hobson Court, Gillan Way, Penrith CA11 9GQ
- info@cumbriacvs.org.uk

