

Mastering the art of confidence and presentation skills

Date: Tuesday 20th February 2024

Time: 12.00pm – 14.00pm

Location: Ashfords, Ashford House, Grenadier Rd, Exeter EX1 3LH

Cost: Members: £15.00 + VAT (£18.00)

Non-Members £25.00 + VAT (£30.00)

To Book: Members book and pay via app

Members/Non-Members book and pay via [website](#)

Register by: Tuesday 13th February 2024

Event organiser: Kat Archer
Tel: 07955 305564
Email: karcher@bishopfleming.co.uk
Registration queries:
booking@womeninproperty.org.uk

Join us for an engaging session hosted by the Devon and Cornwall Satellite of Women in Property. Judy Salmon will guide you through strategies to boost your confidence and master the art of presentation and public speaking. Whether you're aiming to overcome the fear of speaking in public or seeking to unleash your inner power, this session is tailored for individuals of all genders.

Key Takeaways:

- Silence the inner voices of doubt and fear.
- Define your success criteria and shape how you want to be perceived.
- Perfect the structure of your presentations with a compelling beginning, middle and end.
- Utilise body language, voice modulation, and words to exude confidence and control.
- Navigate the intricacies of handling questions and incorporating visual aids.
- Tackle nerves, breath control, imposter syndrome, and butterflies with practical tips.
- Explore the essence of confidence as a passport to personal growth and success.
- Learn to motivate yourself even in moments of self-doubt.
- Discover techniques to "camouflage" a lack of confidence effectively.
- Proactively cultivate and maintain a confident mindset.
- Harness the power of positive self-talk in challenging situations.
- Walk away with actionable points to implement in your professional journey.

Members and Non-Members of all genders are welcome to attend.

Please note. The attendance fee for this events attracts VAT



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