



# Heart-Centered Programs

*Empower - Energize - Enhance*

## Presenting from the Heart

Putting **Heart** back into your life

### Overview/Description

Many people are terrified about public speaking or giving presentations. Or, they believe they have to be a certain persona to be perceived as professional. In this workshop you'll learn a step-by-step method of presenting that is guaranteed to give you the confidence, polish, and skills that will allow you to speak from the heart!

### Ideal Audience

Anyone that needs to give presentations, does public speaking and generally anyone that needs to get their message out into the world; Sales, Executives, Fundraisers, and you!

### Expected Duration

4 hour, 1-Day, or 2-day Session

### Workshop Objectives

At the conclusion of this workshop, you will be able to:

- Confidently take center stage
- Articulate your key points
- Engage your audience and hold their attention
- Communicate your message with passion
- Influence people to take action
- Create a template to talk for any length of time
- Simple Stress Management tips to calm nerves



*“According to most studies, people’s number one fear is public speaking. Number two is death. Death is number two. Does that sound right? This means to the average person, if you go to a funeral, you’re better off in the casket than doing the eulogy.”*

*Jerry Seinfeld*



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