High Impact Presentation Skills Training & Coaching

A truly transformative training experience by Jillian Sawers

JILLIAN SAWERS

TRANSFORMATIONAL TRAINING & COACHING

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Doors of opportunity open for those who can entertain, educate and influence others through the power of public speaking. Whether you are a seasoned speaker or a nervous newbie, continuing to improve your ability to formulate and express your ideas, opinions and knowledge is one of the best investments you can make in your personal development.

It's impressive to watch a professional presenter in their full flow. It may appear as if they are uniquely gifted with brilliant insights, natural charisma and unshakable confidence. However, behind the polished performance, like most talents, presentation skills can broken down into its various elements to be studied, practiced and gain proficiency.

Public speaking is not performing, it doesn't have to perfect. But it should enable you to achieve your objectives, whether it's entertaining a crowd, training a team, influencing a decision and much more.

If you have watched a few TED talks, you will have noticed a great variety of presentation styles. From the great comedic timing of Wait but Why? with Tim Urban to the humble, witty and deeply researched delivery of The Beauty of Data Visualisation by David McCandless, the best speakers seem to be those who are inspired by their topic, structure it well, and deliver it whilst being authentic to their unique personality.

This high impact presentation skills training will help you discover your authentic brand and voice as a presenter.

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Topics in the training include:

How to overcome nerves and be comfortable in the limelight
How to connect and build rapport with your audience
Recognising your temperament and cognitive style
Understanding your strengths and weaknesses as a presenter
How to practice and speak confidently without a script
Clarifying your objective to achieve the best outcome
How to gauge your audience – before and during a presentation
How to make your presentation memorable
How to be more engaging as a speaker
What great public speakers always avoid
How to use mind-mapping for presentation preparation
Different ways to structure your presentation
The essentials you need to achieve in the first 5 minutes
How to make clear transitions and memorable conclusions
The art of story telling
Practical technology and room management
Making beautiful flipcharts, slides and handouts
The power of words to make or break your case
How to build confidence from the inside
Body language to help you and your audience have relaxed attention
How to use your voice like a professional
Increasing your influence through Ethos, Pathos and Logos
Handling questions and challenging audience members
How to make great virtual presentations

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Who is Jillian Sawers?

Jillian has earned the praise of participants to her 1000's of courses over the years, in great part due to her engaging style and her ability to put across information that is clear and practical. She has the ability to build an immediate rapport with her audiences and her relaxed and entertaining style enables her to present deep and challenging personal issues in an easily acceptable way.

Jillian deep and abiding interest from her early teens, in the topics of self-awareness, psychology, philosophy, the connections between science, metaphysics and the transformation of human consciousness have kept Jillian's training insights on the leading edge of human development.

Aged eighteen and undecided on a course of study Jillian took a one way ticket from her home in New Zealand to London. Her first training experiences came two years later in 1990 as an event coordinator, round-table facilitator and workshop facilitator for 'Global Co-operation for a Better World' – an international project in association with the United Nations Economic and Social Council. This lead to being a full-time project and event manager and lecturer with the Brahma Kumaris World Spiritual University in London, organizing events exploring the topic of consciousness and self-awareness within the areas of science, health, mental health, community, social development and creativity.

In this capacity Jillian gave lecturers and ran workshops and seminars in the UK, Europe and Asia/Pacific regions. Jillian also conducted workshops on Stress Management and Positive Thinking within the UK prison system.

Between 1996 to 2001 Jillian worked as a trainer for Reed Training, GateHouse Training and Training Solutions, all in the UK. Courses included Time Management, Self Esteem for Peak Performance, Presentation Skills, Running Effective Meetings and File Management.

In 1997 Jillian moved to Istanbul, Turkey where she was the National Co-Director of a self-development and meditation association for 14 years, training local trainers and giving lectures, workshops, and retreats throughout the country, as well as Internationally. During this time Jillian also started working in the UAE for the International Centre of Management Training, Abu Dubai, and later began a long working partnership as a senior consultant for Glomacs Training, Aztech Training, Euromatch and Oxford Management, all based in the UK and UAE. Jillian is also an Eating Psychology and Life Coach, having trained with the Institute of Eating Psychology in Boulder Co.