

Personal Development

# Presenting and Public Speaking with Confidence

## Course Details

**Price**

£325.00

**Start date**

15 May 2026

**Length**

Full day (09:30-16:30)

**CPD Points**

6.00

## Course Overview

This one-day workshop helps delegates feel more confident speaking and presenting in front of others and is aimed at those who want to communicate more clearly in meetings, group settings, or when delivering a presentation.

In this practical session, delegates will explore what affects confidence by introducing simple ways to manage nerves and practise speaking in a supportive environment. Building on the earlier work, the course will also cover how to plan a clear message, structure a presentation, and create accessible slides.

Delegates will also learn how tools such as AI and simple interactive apps can help with planning and engagement. By the end of the day, delegates will have planned and delivered a short presentation.

## Content

In this session, delegates will:

- Explore what affects confidence when speaking and learn ways to stay calm and focused
- Practise short tasks to build confidence and clarity when speaking and manage nerves
- Learn how to plan and structure a presentation with a clear purpose and audience in mind
- Understand the basics of accessible slide design, including structure, layout, readability, and simple visual choices
- Learn how AI and other tools can support planning, preparation, and engagement
- Practise clear, confident speaking while delivering a short presentation in a supportive setting

## Benefits

By practising in a small, supportive group, delegates will gain the confidence to speak more clearly, manage nerves, and approach future presentations with greater confidence.

## Prerequisites

As delegates will be expected to deliver a presentation with the option to present either with or without slides. Those wishing to use slides will need a basic understanding of Microsoft PowerPoint, as this topic will not be taught in the session. Laptops will be provided.

## Next Steps

If you would like to book a place on this course, please click on the 'Book Course' button to the right of this page and login or register for a user account to complete your booking(s). Any queries please do not hesitate to contact us via [admin@gta.gg](mailto:admin@gta.gg) or call us on 01481 224570.

If no date is scheduled for this course at the present time, please click on the 'Register Interest' button and login or register for a user account so that we can add you to our course interest register. This register allows us to contact our tutors and finalise dates for a course as soon as we have a few people who have expressed their interest, so the more delegates who register their interest, the sooner we can schedule a particular course.

## Course Tutor

### Martine Ellis

Martine Ellis is an experienced coach and educator who helps exhausted professionals thrive without sacrificing their mental health and wellbeing. A Chartered Teacher with Advanced Teacher Status, she is widely recognised for her thought leadership in wellbeing-driven productivity. Alongside her coaching and training, Martine shares her expertise through podcasts, writing, and her popular hand-drawn doodles, offering practical strategies that connect high performance with sustainable wellbeing for audiences across the UK and beyond.