

## Personal Development

# Public Speaking for the Terrified

## Course Details

### Price

£215.00

### CPD Points

3.00

### Length

Half day (09:30-12:30)

## Course Overview

This workshop tackles the nerve-wracking challenge of speaking in public.

You will learn about the fight, flight, or freeze response – the role it plays in public speaking anxiety – and reflect on personal experiences before trying practical strategies to overcome these fears.

The session offers a chance to practise speaking in a safe and supportive setting. Whether presenting in front of senior colleagues or speaking up in meetings, this course is your stepping stone towards confidence in public speaking.

## Course Content

In this session, you will:

- Investigate why public speaking triggers a fight, flight, or freeze response, reflecting on your experience.
- Explore and experiment with practical strategies for combatting your fight, flight, or freeze response.
- Practise public speaking in a safe, supportive environment\*.

- Identify the next steps on your public speaking journey.

\* Please note that practical speaking exercises will be optional, but you are encouraged to take part to get the full benefit of this course.

## Benefits

This course will give you essential insights into conquering common public speaking fears. With practical techniques, you'll build confidence and effectiveness across a range of speaking scenarios. More than just preparing you to speak, this course helps you to be heard, fostering a confident presence that opens doors to personal and professional advancement.

## 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 244570. 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.