



Inspirational Solutions In your hands consultancy

Inspirational Presentations

Overview of Course

This presentation course will not only teach you how to give inspirational presentations but also to enjoy them. Teaching you how to structure a presentation/interview to capture, engage and inspire your audience, while remaining in a calm, confident and relaxed state.

This course is underpinned by Neuro-Linguistic Programming (NLP), one of the fastest growing solutions to those who want to improve their personal and professional life. NLP is at the cutting edge of business and corporate consultancy, which has been tried and tested globally with inspirational success. NLP is an established set of principles for developing personal performance, based on understanding and influencing our thoughts and view of the world. NLP is simply the study of how our mind, language and behaviour relate to each other, and has been around for over 30 years.

What will you get out of the course?

- Excellent presentation skills.
- The ability to control your emotional state, replacing anxiety and distress with confidence in your abilities and yourself.
- Increased self awareness.
- The ability to inspire and motivate others.

Who is the course for?

The course is for anyone who wants to improve themselves and learn new skills. This course is of particular value for business professionals looking to improve in this area of expertise, whether for job interviews, or

simply giving presentations to whatever size audience. The tools and techniques taught can be applied to all areas from teaching of junior staff to management & client meetings.

What will be covered?

- A brief history & principles of NLP
- The use of metaphors.
- Content sequencing.
- Anchors- spatial, visual, physical, tonal.
- The 4-Mat content system.
- The use of humour.

What other people have said.

'I used to dread presentations but now I am quite looking forward to them' Alan Shore Manchester

'Really enjoyed the course it went so fast' Mandy Strudbruck, Chester

'The training was clear and easy to understand' Karen Dean, Blackpool

'I am no longer worried about the interview as I know I can do it' Ian Andrews, Chester

Who is Donna Blinston?

Donna Blinston is a Master Practitioner in NLP and founder of Inspirational Solutions Donna is extremely passionate about improving people's quality of life. By teaching the tools and techniques of NLP it will enable people to reach their full potential, get what they want out of their career and enjoy their work.

We run bespoke corporate NLP programs that have doubled sales conversion rates and helped corporate L&D professionals to increase training retention and achieve dramatic changes in the impact of their training design and delivery.

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For further information or to book your place on the next course
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