

**2025**

*the*  
**PUBLIC  
SPEAKING**  
course.com

# OVERCOME THE FEAR

## WE OFFER

- One and Two-Day In-Person Courses for Individuals or Businesses
- 8-hour In-Person Corporate Training Courses for Teams
- 3-hour Masterclass In-Person or Online
- 90-minute Masterclass In-Person or Online
- Tailor-made Courses to Suit Your Individual Business Needs
- Professional Presenter for Your Conference or Event



### RECENT COURSES



**IN-PERSON AT YOUR WORKPLACE | AT A VENUE WE ARRANGE | ONLINE**



Are you looking to improve the communication style within your business or organisation?

We run our Workshops and Masterclasses tailor-made for businesses in the UK, Ireland and anywhere in the world.

## COURSE DESCRIPTION

In today's fast-paced and high-stakes business world, the ability to speak clearly, confidently, and persuasively in public is no longer optional – it's essential. Public speaking consistently ranks as one of the most feared activities, yet it remains a critical differentiator in leadership, influence, and career progression. We know from research that at **least 75% of people are frightened of standing up and speaking** in front of others.

This focused, hands-on **One-Day Public Speaking Course** demystifies the public speaking process, transforming a common fear into a powerful professional asset. Participants will leave the course with all the tools they need to design, structure, and deliver impactful presentations with confidence and clarity, using a practical, step-by-step approach rooted in authenticity, audience engagement and the latest communication skills.

At **The Public Speaking Course**, we tailor every session to your individual communication needs. John Deery, our highly experienced coach and facilitator, draws on real-world presentation expertise to help you develop compelling delivery skills that immediately connect with an audience.

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"I HAVE BEEN WAITING FOR THIS COURSE ALL MY LIFE. I WOULD HIGHLY RECOMMEND IT TO EVERYONE" - SANDRA



# WHO SHOULD ATTEND

- Professionals seeking to improve communication confidence
- Leaders and managers who present regularly to clients, teams, and stakeholders
- Experts who need to share complex ideas clearly and persuasively
- Anyone looking to increase their impact and visibility within an organisation
- People who want to break through their fear and anxiety and communicate authentically

## PREREQUISITES



- The course works for all levels, no prior public speaking experience required
- A willingness to participate actively and to try a new approach
- Everyone on the course gets to stand up and speak

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"A REALLY ENJOYABLE AND ENGAGING DAY. JOHN IS A WONDERFUL TEACHER AND HELPED BUILD MY CONFIDENCE SPEAKING IN FRONT OF THE WHOLE GROUP" - CATHY





# KEY LEARNING POINTS

BY THE END OF THIS COURSE, PARTICIPANTS WILL HAVE LEARNT:

- How to handle and control nerves to get over 'stage fright'
- How to authentically connect with an audience to hold their attention
- Fully prepare for a presentation to a small group or in a large auditorium
- Use your natural voice to communicate with confidence and clarity
- How to structure your message for maximum clarity and impact
- How to avoid common mistakes and pitfalls in body language when presenting or making a speech
- Correct posture, breathing, and relaxation techniques to calm you down
- How to build (or re-build) your self-confidence through interactive group exercises
- The key to opening your speech with impact and confidence
- How to transcend your false beliefs and banish fearful thoughts
- Tap into your innate, unique personality, with authenticity
- Each participant receives personal feedback and support for their long-term improvement
- How to handle Q&A sessions with authority
- How to cope if you go blank or have 'brain freeze'
- A 12-point checklist to help you prepare each time you have to speak in public

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"JOHN'S COURSE WAS TRANSFORMATIVE" - LISA



## CERTIFICATE OF COMPLETION

All participants receive a **Certificate of Completion**, are invited to join our LinkedIn group of fellow course participants, demonstrating professional development, and networking.

### KEY LEARNING FEATURES

- A unique **One-Day Public Speaking Course** on the do's and don'ts of how to stand up and successfully speak in public to an audience of any size
- Master the core elements of effective public speaking
- Learn to design clear, engaging, audience-centred presentations
- Overcome nervousness using proven techniques
- Develop strong stage presence and delivery skills
- Learn to use visuals and handouts with maximum impact
- Gain practical experience delivering and refining your message
- Understand how to manage audience questions
- Receive constructive feedback in a safe, supportive environment

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"A GIFT THAT WILL REMAIN WITH ME FOR A LIFETIME" - MONICA





## OUR DELIVERY PROMISE

- We create positive change for individuals and organisations by building on people's innate strengths and providing immediately useful skills.
- We can also provide ongoing professional and personal development programmes and consultancy to help people become better leaders.
- Everything we do is tailored to fit both the individual's and the organisation's needs.
- Our training courses encourage personal growth and high-quality interactions, whether that be in business or in a personal capacity.

We maintain small group sizes – usually 8-10 people – to ensure every participant receives personal feedback and dedicated coaching. Our focus is on practical, real-world outcomes – helping you build a skillset you'll be able to use immediately and continue to refine over time. We can deliver can also deliver Masterclasses for larger groups of people at a company's Annual Conference.

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**"THE COURSE HIT THE RIGHT NOTE AND CONNECTED IN A WAY THAT I REALLY  
THINK COULD BE A TURNING POINT FOR ME" - ADAM**



## WHY CHOOSE THE PUBLIC SPEAKING COURSE?

HIGHLY EXPERIENCED FACILITATOR

5-STAR REVIEWS: RATED EXCELLENT ON TRUSTPILOT

THOUSANDS OF DELIGHTED CLIENTS, BUSINESS OWNERS, AND LEADERS

### Location

We can run courses anywhere – the UK, Ireland, Europe or the rest of the World.

### Cost

Please get in touch to talk through your requirements and for a quote.

[bookings@thepublicspeakingcourse.com](mailto:bookings@thepublicspeakingcourse.com)

+44 7711 384327

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"I WOULD RECOMMEND THIS COURSE TO ANYONE AIMING TO DEVELOP THEIR  
CONFIDENCE AND TO MASTER THE ART OF PUBLIC SPEAKING" - CLAUDIA





## COMPANIES WORKED WITH INCLUDE



CONDÉ NAST

NHS

KPMG



SAMSUNG

BBC



J.P.Morgan



Bank of Ireland

pwc

easyJet

citibank

Microsoft

amazon



METROPOLITAN POLICE

## COURSE FACILITATOR

**John Deery** is a highly experienced and sought-after public speaking coach and mentor, helping individuals and businesses to successfully communicate effectively to an audience of any size. He has over 25 years' experience and has worked with people from most professions and backgrounds including CEOs, entrepreneurs, business owners, doctors, lawyers, schoolteachers, bankers, accountants, politicians and many more. He has worked with dozens of companies and organisations, both large and small, including PwC, Unilever, British Telecom, HM Government Land Registry, Allied Irish Bank, Health and Safety Executive Ireland, JPMorgan, Amazon, Metropolitan Police, Pulsant, Samsung, Citibank, Bank of Ireland, British Red Cross, EasyJet, KPMG, Microsoft, Shell, BBC, Apple. He has also presented in front of tens of thousands of people in boardrooms, conference centres and large auditoriums. His vast knowledge and experience are indispensable to anyone who has to stand up and speak in front of people.

"JOHN IS PASSIONATE ABOUT HIS WORK AND IS A TRULY ADEPT IN TRIGGERING TRANSFORMATIVE CHANGE WITHIN THE INDIVIDUAL" - ROSS