The Cognitive Science of Public Speaking

How many of your executive team are very comfortable with public speaking? Here's a number - 16%!

Statistics say 74% of us have 'public speaking anxiety or phobia' - which means that it's the norm, not a disorder. It would be an outlier disorder if you DIDN'T have it, in fact, (either low, moderate, or high - depending on your experiences and your nervous system). But - we humans can adapt and literally rewire our brains through 'learning and doing'.

My CogSci half day experiential workshop is fast and efficient 'learning by discovery' to teach engaged
learners life changing skills in awareness and self management of this self limiting nuisance, through a blend of CBT and lashings of neurobiology / neural circuitry for civilians - turning science into training. Book one for your management team and track the return on investment.

½ Day Offer – upskill a team in one fast fun team-building session - €495

(Dublin city centre rate - I just need a room with a projector and as many engaged learners as the room will accommodate comfortably. Theatre style for the initial presentation (fun imagery AV-PPT) - and then separated into groups at tables - which I will facilitate. Pricing may exclude time and travel expenses - call for a quotation. E&OE).

Is there an ROI? Oh yes - click HERE for testimonials.

Plus - book an extra half day workshop: 'An introduction to Mind Mapping' as the perfect companion training...

An introduction to mind mapping - teaching learners a brain efficient (and fun!) way to process and organise and recall information using key ideas and/or associations and images and colour, all on one efficient page - locking a map in your brain for
everything from interviews to meetings to public speaking. **NEWSLETTER**

For more information contact:
Veronica Walsh at 0868113031 or at veronica@CBTandFeelingGood.com.

Unsubscribe from my monthly newsletters [HERE](#)
© CBTandFeelingGood.com 2017