



The cognitive science of comfortable public speaking:

Book a presentation or a 'learning by discovery' workshop, and equip your employees with **new skills in self management for confidence and competency for any kind of speaking occasion** - from work meetings or training sessions, to pitching to clients, to making a speech, to giving a presentation, or even to making promotional TV or radio media appearances...

This workshop is cognitive behavioural training, with more than a dash of neuroscience and evolutionary psychology thrown in - it is *not* therapy, and it is not about positive thinking, and it is not about style or performance or how to hold yourself or what tone to use or where to put your hands, or what to wear, or how to avoid death by powerpoint content...

... it is instead practical and effective (and fun) training to teach participants **the cognitive science of how and why we think and feel and behave the way we do**, and to learn skills for awareness and management of our unhelpful primal wiring to **literally change the way we think and feel and behave** when it comes to *social performances*.

This training is preventative, and/or curative, and/or **upskilling** - it is for everybody - preventing the development of public speaking anxiety, or freeing those who have this situational anxiety from self limiting avoidant behaviour, or upskilling those who already do it with extra professional skills in self management to do it better. It is superior essential brainskills training for everybody...

Try an introductory presentation and check it out. The following pricing is for standard off the shelf modules. **If you would prefer a bespoke seminar or workshop, call for a quotation.**



- This pricing assumes onsite in your training premises (Dublin) - just supply a training room with space to separate learners into tabled groups, + a projector and a flipchart
- Workshop format: experiential/learning by discovery - AV PPT + flipchart + group discussion and facilitated workbook exercises.
- This assumes a Dublin location... pricing excludes expenses if outside Dublin, call for a quotation.
- Call for a revised quotation if you want the workshop organised offsite (specify preferred area and parking slot requirements)
- The one day workshop pricing *includes* worksheets for up to 20 participants, for more attendees add €7 per head.
- Website: www.CBTandFeelingGood.com
- Contact Veronica Walsh at 086 8113031 or at veronica@CBTandFeelingGood.com for more information or to request a quotation for bespoke training.



Click to listen to a fast and fun interview I did with TodayFM's Neil Delamare on CBT for Public Speaking [LINK](#)

I study everything so you don't have to - click to open a window to my free online guided self help resource: iveronicawalsh.wordpress.com



Find out more about our psychological training Group/Corporate Workshops or One to One Sessions for individuals. E&OE

www.CBTandFeelingGood.com

info@cbtandfeelinggood.com

Email: info@cbtandfeelinggood.com
 or call 086 8113031 for more information.
 Professional training - accredited and Insured
 (CBT = *cognitive behavioural therapy* based training)

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