# Centre of Learning
## Learn. Connect. Grow.

a part of The WiB Group

# Leadership and Management Training
## Present with Power

Our partners:

RATHBANE GROUP

Belfast Harbour

# Present with Power

**Centre of Learning**
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The Centre of Learning 'Present with Power' programme seeks to help you stay calm, confident and in control. Led by expert trainer and speaker, Camilla Long, this one-day session will equip you with the tools to captivate any audience, simplify preparation, and boost your delivery. Your voice deserves to be heard so step up and present with power.

**A 1 day in person programme, delivered by Camilla Long | Bespoke Communications**

At a glance:
- Techniques to overcome performance anxiety
- Tools to reduce preparation time
- The secret structure used by top presenters
- How to connect with audiences (even virtual ones!)
- How to say more with less to create a lasting impression



When it comes to presentations at work, if any of the below resonates with you, this programme is for you:

- "How do I make my message relevant? I sometimes find that people tune out when I'm presenting"
- "I wish I knew how to connect with a bigger audience. I'm great 1-2-1, but when it comes to presenting to a room, I lose my power"
- "I stress too much about the things that can go wrong."
- How do I stay calm, confident and in control?"

# Present with Power



**Camilla Long - Bespoke Communications, Co-founder**

Camilla helps executives and experts to communicate their ideas to build trust and influence. She is a Professional Member of the Professional Speaking Association, and a recipient of the PSA Emerging Speaker of 2021. Camilla will always be passionate, patient and practical in her training sessions, as she shares her wealth of knowledge with you.

*"Camilla was fabulous. Extremely engaging and interactive."* - Stacey McAlister, Mount Charles
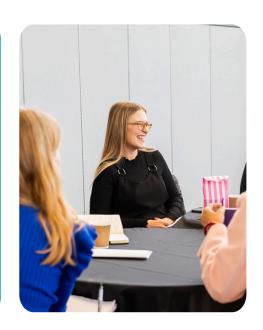
# What others have to say

## Lucy McCague
Allstate NI

Present with Power is... an opportunity to talk about performance anxiety; test your limits in front of a like-minded group; and an important reminder to invest in the story of your message, and understand how you want an audience to feel. Presenting is an opportunity, not a threat.





## Kim Cobain
DSIT

The cohort were really lovely and supportive, and Camilla's training style was inclusive, encouraging, uplifting and thorough. It also felt like psychologically 'safe space' where we could be honest about our perceived shortcomings when presenting - and get rid of our inner critic!

## Emma Todd
UREGNI

I thoroughly enjoyed presentation training... The take aways for me are the power of a strategic pause and how to engage your audience using a set of skills to overcome anxiety and deliver with power.

# What makes our programmes different?

Tailored content which is **relevant to today's working world**

Programmes to **address the challenges and barriers** often faced by women

Insights and advice on best practice as well as key tools from **industry leading facilitators**

External training provides the **opportunity to connect and learn with like minded women** outside of your organisation

Engaging programmes with **practical tools which can be applied immediately** to support continued development

**Discounted rates** for Women in Business, CBI and Northern Ireland Chamber members.

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# Our customers

Since commencing in 2019, we have had the privilege of providing training support to over 4000 individuals and 200+ organisations from different sectors.

Learning from diverse individuals across industries offers delegates a safe space to discover themselves, break away from group-think, understand varied business landscapes and share unique perspectives for enhanced growth and learning.



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# Contest the team

Start your journey to learn, connect and grow today.



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**Maria McCaffrey**
**Programmes Coordinator**
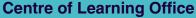info@centreoflearningni.com



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