

# QUALITY PUBLIC SPEAKING TRAINING ACCESSIBLE TO ALL

[WWW.SPEAKERSBANK.CO.UK](http://WWW.SPEAKERSBANK.CO.UK)



## **SPEAK UP! SPEAK OUT!**

Speak with confidence and clarity

Overcome nerves

Use voice & body language for impact

Engage an audience

Think on your feet

Prepare an effective speech

Improve presentation skills

Enjoy speaking in public

# ABOUT US

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**SpeakersBank specialises in public speaking training. We work with adults and young people in the not-for-profit sectors. We are committed to making high quality professional communication training accessible to all - a philosophy which is reflected in our rates and approach.**

SpeakersBank believes that good communication skills: encourage active involvement in community life, are key to personal confidence and improve employability. We have trained over 80,000 people nationwide and we are one of the fastest-growing providers of public speaking and communication training in the UK.

We work with: charities and community groups, service-users and self-help groups, public sector organisations, community engagement programmes, schools, further education institutions, youth groups and more.

Our workshops are designed to empower and build confidence through teaching practical public speaking techniques. By speaking, listening to others speak and by giving and receiving feedback participants learn intensively about effective communication. All of our workshops can be adapted to fit your requirements. We train small or large groups, as well as individuals.

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## EACH SPEAKERSBANK PROGRAMME IS

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Flexible – tailor-made to your requirements and objectives

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Fast-working – from just two hours, improve presentation and public speaking skills

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Fun – highly interactive sessions, learning by doing

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# PUBLIC SPEAKING TRAINING

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## ADULTS – SPEAK UP! SPEAK OUT! IN-HOUSE WORKSHOPS

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We offer a range of flexible workshops for adult groups – from as little as a two-hour workshop to a full day session. Our trainers will come to your venue and train up to 20 participants giving them the confidence and skills to Speak Up! Speak Out!

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## ADULTS – SPEAK UP! SPEAK OUT! OPEN WORKSHOPS

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Individuals wishing to develop their public speaking skills can attend our full day Open Workshops. For individuals wanting to continue their learning, we can offer further development on levels two and three – please see the website for more information.

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## YOUNG PEOPLE – “SPEAK OUT!” WORKSHOPS

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Our training is suitable for all young people. We are able to train mixed aged groups and up to 25 participants (subject to the group dynamic). In addition to our “Speak Out!” workshops, we also deliver:

- Speak Up! Speak Out!: Interview Skills
- Speak Up! Speak Out!: Enterprise Skills
- Speak Up! Speak Out!: Debating Skills

I came without the ability to speak in front of the smallest audiences without completely crumbling. After just a day my confidence has shot up and I now feel a stronger person.

Student, Kingsmeade School

An inspirational day - well paced, constantly engaging and packed full of relevant content.

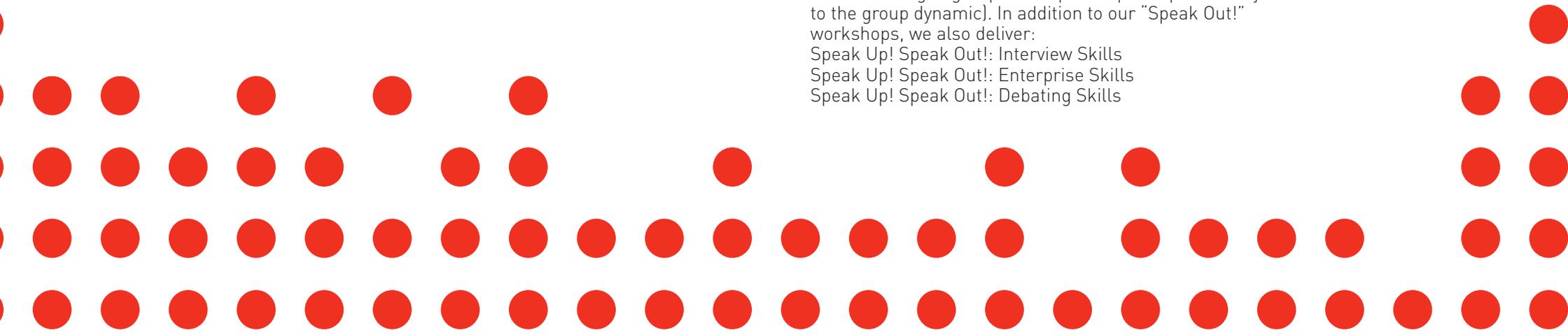
Teacher, Kidbrooke School

The program helped take what skills I already had and helped me bring them to a whole new level. Truly fantastic.

Workshop participant, Enfield EBP

I must say that I haven't enjoyed a training session as much as I have today. Content, structure and the trainer have all been great.

Workshop participant,  
Age Concern London



# FURTHER INFORMATION

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SpeakersBank is a company limited by guarantee registered in England under no. 6740655 and is the training arm of the registered charity Speakers Trust (no: 296823)

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## IN-HOUSE WORKSHOPS (ADULTS & YOUNG PEOPLE)

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Full Day £660 (*Assuming 20 participants just £33 per person*)

In all other instances SpeakersBank charges £110 per hour (min 2 hours) for training delivery and if necessary will agree a separate project management fee for workshops that need to be tailored to deliver specific outcomes or objectives for the client.

Some things we all know but never act upon. This was excellent practice and the feedback was incredibly valuable.

Workshop Participant, University of Westminster

## ADULT FULL DAY OPEN WORKSHOPS

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Level 1 £99 per person

Level 2 £149\* per person

Level 3 £199\* per person

*\*£20 discount to third sector organisations. For Open Workshops please refer to the website for upcoming events.*

*Prices are inclusive (where possible) of travel and materials. SpeakersBank does not charge VAT. Our workshops are delivered across the UK.*

*If the question occurred whilst reading this brochure "why the red dots?" please read on... The shape of the dots represents segments of a recording of "SpeakersBank" being spoken into a microphone as recorded on a digital reader. The dots are intended as a reminder that our words have power to leave a legacy and to effect positive change for us and for our communities. Words spoken can have a lasting effect – how will you use yours?*

