

Sunday October 17
3:45-5:15 p.m.

Making A Presentation and Living to Tell About It

Do you suffer from public speaking and podium panic? Learn how to stay calm and deliver an interesting, informative and entertaining presentation. Good speakers know their stuff and their audience. They do their homework Good speakers know the difference between winging it and speaking naturally. They keep it simple and practical and repeat key themes. They constantly check the audience response. They demonstrate or explain ideas, use effective graphics, engage their audience and limit the use of notes. They limit lecture time, use handouts and an outline and begin and end on time whenever possible.

Key Learning Objectives:

1. The difference between winging it and speaking naturally
2. The key themes to keeping your presentation simple and practical
3. How to check audience response
4. Effective use of graphics to engage your audience
5. How to use personal presence as a teaching tool

Dick O'Brien received his bachelors and masters degrees from the University of Waterloo and continues to seek life lessons and wisdom from daily experiences. Mr. O'Brien is a professional speaker and a consultant in human relations. He has been a therapist and a trainer for 32 years. Mr. O'Brien has held senior management positions in government and business. He has been in the seminary, a truck driver, an elementary teacher, director of a heroin

treatment centre, an alcoholism counsellor, a university instructor, a marriage counsellor and deputy superintendent of a juvenile corrections centre.

For the past 25 years he has been conducting trainings in Wellness, Leadership and Stress Management based on the universal principles of wisdom of the past 5000 years.