

PUBLIC SPEAKING - SPEAKING UNDER PRESSURE

"Master the art of speaking confidently under pressure in any situation."

Schedule

Date	Venue	Fees (Online)
30 Jul 2026	Online	USD 450 per delegate

► **Available delivery methods:** Face-to-Face & Online Training

Introduction

Public speaking is an essential skill, but speaking effectively under pressure is an even greater challenge. This 1-day online workshop is designed to equip participants with the techniques and strategies to speak confidently in high-pressure situations. Whether it's presenting in front of an audience, handling difficult questions, or managing nervousness, this course will help you overcome anxiety and speak with clarity and authority.

Participants will learn how to structure their thoughts, manage stress, and deliver compelling messages, ensuring their audience is engaged and their points are effectively communicated.

Objectives

By the end of this course, participants will be able to:

- Develop strategies to overcome nervousness and speak confidently in public.
- Use techniques to stay calm and focused when speaking under pressure.
- Structure their message effectively for high-pressure situations.
- Improve their ability to think on their feet and respond to questions or challenges.
- Enhance their presentation skills to engage and persuade their audience.

Why Attend

- Overcome anxiety and gain confidence in public speaking.
- Learn proven techniques to manage pressure and deliver messages effectively.
- Develop the ability to think and respond quickly during presentations and meetings.
- Improve your communication skills for both personal and professional growth.
- Gain a competitive edge by mastering the art of speaking under pressure.

Target Audience

This program is designed for:

- Professionals who frequently present or speak in public.
- Managers, leaders, and team members who need to speak confidently in high-pressure situations.
- Entrepreneurs who want to enhance their presentation and persuasion skills.
- Anyone looking to improve their public speaking and communication abilities.

Individual Benefits

Key competencies that will be developed include:

- Improved public speaking and presentation skills.
- Enhanced ability to manage stress and nervousness during presentations.
- Greater confidence in thinking on your feet and answering questions.
- Effective use of body language, voice, and tone to engage the audience.
- Mastery of techniques to deliver powerful messages under pressure.

Organizational Benefits

Upon completing the training course, participants will demonstrate:

- Increased ability to present and speak confidently in high-pressure situations.
- Better engagement and communication with colleagues and clients.
- Enhanced team leadership through strong communication and presentation skills.
- More effective decision-making and problem-solving in fast-paced environments.
- Greater professionalism and poise in meetings, presentations, and interviews.

Instructional Methodology

The course follows a blended learning approach combining theory with practice:

- Strategy Briefings - Understanding the psychology of speaking under pressure.
- Case Studies - Learning from real-world examples of high-pressure speaking situations.
- Workshops - Practicing speaking in challenging scenarios to build confidence and composure.
- Peer Exchange - Group discussions on techniques for managing pressure and speaking effectively.
- Tools - Practical exercises to develop strategies for handling difficult questions and situations.

Course Outline

Training Hours: 9:00 AM – 4:00 PM **Format:** 3 Learning Modules | Breaks: 11:00 & 2:00

Day 1: Public Speaking - Speaking Under Pressure

- Module 1: Understanding Pressure in Public Speaking (09:00 – 11:00)
 - The psychological aspects of speaking under pressure.
 - Identifying the common causes of anxiety and nervousness.
 - Techniques to overcome the fear of speaking in public.
- Module 2: Preparing for High-Pressure Situations (11:15 – 1:15)
 - How to structure your message effectively for any situation.
 - Techniques to stay focused and calm during presentations.
 - Building confidence through mental preparation and practice.
- Module 3: Mastering the Art of Thinking on Your Feet (2:00 – 4:00)
 - How to handle unexpected questions and challenges.
 - Techniques to remain composed when faced with difficult situations.
 - Strategies for delivering a powerful message, even under pressure.

Certification

Participants will receive a Certificate of Completion in Public Speaking - Speaking Under Pressure, validating their ability to speak confidently and effectively in high-pressure situations.

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- **Global Expertise:** More than 17 years of experience in professional training and consulting.
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Interested in running this course for your team?

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