

# Present With Confidence – Fear No More!

Workshop for Faculty and Staff

*When giving a presentation do you:*

*Lose control over your body, experience dry mouth, have a quivering voice, perspire, feel your heart rate increase, or forget what you planned to say?*

*Instead would you like to look forward to presentations, stand confidently in front of a crowd and command attention?*



Learning how to present with confidence goes beyond giving a one-time presentation. Whether we realize it or not, we present every day so why not do it effectively? The techniques to speak with confidence in public are also skills needed to effectively interact with people on a day-to-day basis. Investing in yourself to master the art of public speaking will provide you with immediate dividends that will reward both your professional and personal life, and enable you to make a lasting impression.

This program is a combination of video presentation and facilitated conversation. This 4-hour highly interactive workshop will give you techniques to enhance your confidence while presenting.

Upon completion of the workshop, participants will be able to:

- Recognize the story you tell yourself about public speaking.
- Identify your unique presentation style.
- Apply tips and techniques to bounce back from public speaking faux pas.
- Practice strategies to deliver effective presentations.

#### ***About the Instructor...***

Danielle Jolly is a dynamic Training Consultant with experience in the private, public, and non-profit sectors. She has a Master's Degree from The University of Maryland Baltimore County in Instructional Systems Development, and has worked with leaders in a variety of capacities including human performance and active learning. Danielle is passionate about her work, and participants will enjoy working with her during this engaging and practical workshop.

**Information  
Technology/  
Engineering Building  
Room 456**

Register on the web by July 21st at: [www.umbc.edu/training/community](http://www.umbc.edu/training/community)

Spaces are limited and pre-registration is required.