

# FEAR OF PUBLIC SPEAKING RETREAT

## Vince Stevenson – Education Director and Retreat Facilitator



When we began to design this course we immediately realised that it was an extraordinary opportunity to produce something new and innovative.

The first issue was to find a peaceful venue with outstanding facilities, set in beautiful countryside and yet accessible from London and beyond. Witherdens Hall at Wingham near Canterbury is just that place. Please take a close look at its web site so that you can get a good look and feel for this remarkable venue:

<http://www.witherdenshall.co.uk>

### PURPOSE

The purpose of this course is to help you communicate with ease and authenticity. To give you the ability to articulate who you are, what you do and what compels you to do it. Understanding your audience and delivering simple, accessible messages in a supportive environment are the keys to building that all important audience rapport. Sound communication skills have a massive impact on how you are perceived in both social and business worlds. You want people to see you at your best.

### RESULTS

- The ability to understand and positively harness your nervousness.
- The ability to speak comfortably in front of a group.
- The ability to speak with confidence, coherence and clarity.
- The ability to structure and deliver a compelling speech that will be remembered.
- An opportunity to develop a vital business skill with a highly experienced facilitator.
- A massive breakthrough in personal impact and confidence building.
- A more optimistic future leading to further breakthroughs in personal development.

## FEATURES

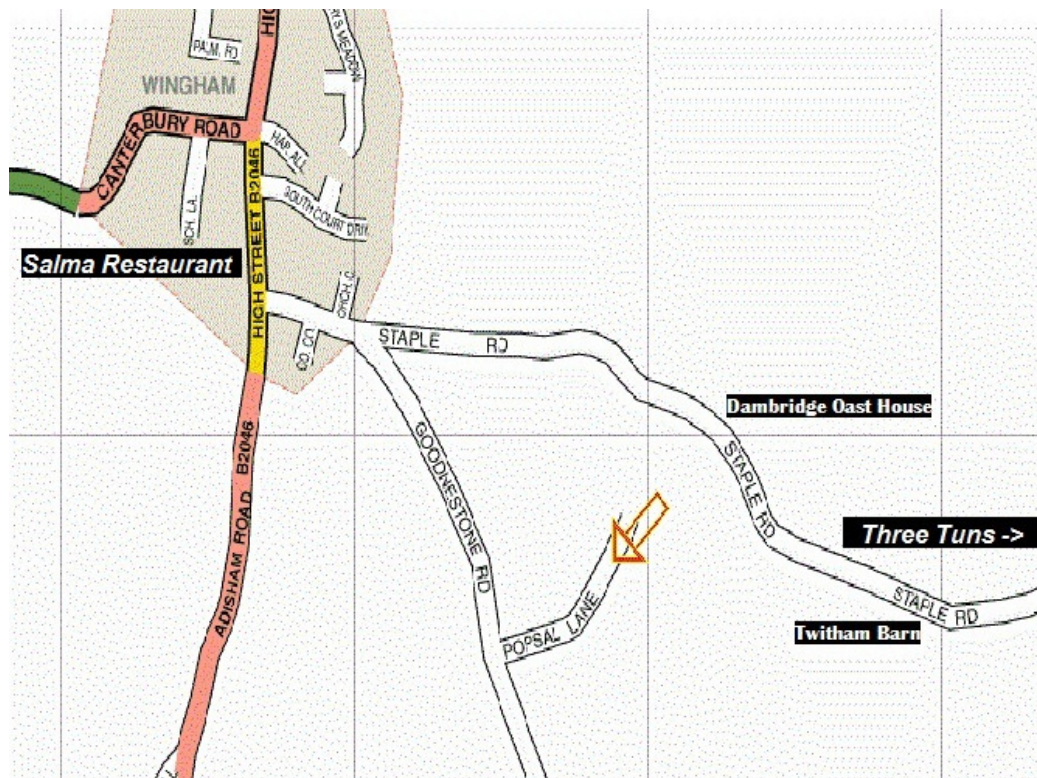
First class onsite facilities.  
Friendly onsite proprietor.  
Experienced facilitator with over 20 years of experience in personal development.  
Secluded countryside retreat.  
All materials provided.

## THIS RETREAT IS IDEAL FOR:

Nervous speakers held back or consumed by their fear.  
Novice speakers seeking more experience in a safe setting.  
Confident speakers looking for individual feedback on speaking technique.  
Intermediate speakers looking to take the next step in personal development.  
Anybody nervous about speaking at a wedding.

## LOCATION

Witherdens Hall, Popsal Lane, Wingham, Canterbury, Kent, CT3 1AT



Witherdens Hall is the first entrance on the right when you turn on to Popsal Lane. I look forward to welcoming you all personally to Witherdens Hall. Please bring casual loose fitting clothes as well as an open mind.

## **Complimentary DVD of all recorded sessions**

All formal delivery sessions are recorded and you'll be sent a copy of your work following the completion of the course. The DVD fits in well with one of the key techniques explored on the course, that of visualisation.

## **Certificate**

Each student will receive a College of Public Speaking certificate on successfully completing the course.

## **Dress Code**

Smart Casual. No trainers please.

## **Course Fee**

The course fee for this 2 day retreat (including lunch and refreshments) is £375 + VAT. Witherdens Hall Retreat is a remarkable and high demand venue. We have no doubt that you will have a fantastic experience.

## **Accommodation**

The course fee does not include accommodation, travel costs or evening meals. Local B&Bs are numerous and competitively priced. Please download this Word document for a selection of local Guest Houses, B&Bs and Hotels: [Local Hotels, Guest Houses and Taxis](#). If you choose to stay in the village of Wingham and do not have a car, I will pick you up in the morning and drop you off in the evening and after dinner.

## **Suggestion**

This course makes a perfect present...

## **Travel**

The journey to Canterbury West is just 55 minutes from St Pancras on the new Javelin service to Canterbury West. Services run regularly. There is a 15 minute taxi ride to the venue. Arrangements can be made to share taxi services with other students.

Witherdens Hall Retreat has good parking facilities.

Regards Vince Stevenson – Education Director and Retreat Facilitator