



BUILDING CONFIDENT AND EFFECTIVE WORKPLACES



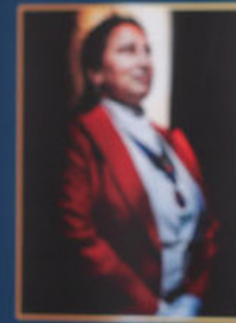
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Three out of four people fear speaking in public. As a result, simple tasks like business meetings or networking can be a source of intense anxiety.

Many adults are shy and lack confidence. Some are nervous and scared and others will just want to run away at the thought of having to speak in front of others, looking for excuses at each given opportunity.

However, public speaking is an essential skill that can unlock professional and personal success. Our corporate public speaking training offers online workshops, courses, and workbooks as a solution for organisations.

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The Problem:

Public Speaking Anxiety

The Fear of Public Speaking can be a common experience in life, especially for those who don't naturally possess the skills or haven't had the opportunity to develop them. However, this fear can have a significant impact, particularly when team members lack confidence in themselves. In a corporate setting, it often becomes necessary to assign tasks such as creating and delivering presentations, leading teams after promotions, or engaging in networking and marketing activities.

If this fear is not addressed, it can result in various negative consequences, such as increased sick leave, decreased morale, and team members leaving the company. These outcomes ultimately lead to lost productivity, reduced sales, and the need for ongoing recruitment efforts, which incur additional expenses.

Failing to support teams in developing the necessary skills for their careers can result in substantial annual losses for companies worldwide. Public Speaking plays a vital role in establishing connections, influencing decisions, and inspiring change. Without these skills, professional growth becomes challenging in both the corporate world and personal life. Public speaking is simultaneously one of the most important and feared forms of communication.

Have you ever considered the positive impact that providing Public Speaking Training to your teams could have on your workplace? By offering training and support in this area, you can empower your employees to enhance their public speaking abilities, fostering a more confident and effective workforce. This investment can yield numerous benefits, such as improved communication, increased employee engagement, enhanced leadership skills, and overall organisational success.

Why Public Speaking is Vital in the Workplace

Communication Skills

Effective public speaking improves overall communication skills.

Confidence

Public speaking helps build individual confidence and self-assurance.

Voice and Body Language

Public speaking training greatly improves voice modulation and body language skills.

Mental Health Support

Developing public speaking skills enables team members to confidently share their thoughts and feelings with others, thereby promoting mental health.



Top 5 Benefits of Public Speaking

1

Better Communication Skills

Public speaking strengthens your communication skills and generates stronger connections with leaders and team members.

2

Confidence in Oneself

Effective public speaking builds self-esteem, resulting in an overall more confident individual

3

Awareness of Body Language

Understanding the impact of body language significantly improves overall communication.

4

Understanding Voice Modulation and Control

Effective use of the voice during public speaking holds greater influence, making the speaker more persuasive and engaging

5

Motivating Change

Effective public speaking motivates team members to take action and make lasting changes within an organisation

About Sonal Dave

Sonal Dave is an award-winning public speaking expert, toastmaster, ceremonies celebrant, and published author.

She has dedicated herself to a career of helping individuals find their voice and improving their confidence. With online workshops, courses, and workbooks,

Sonal has earned a reputation for helping children and adults alike achieve communication success.

Her contributions to the fields of education and events have garnered widespread recognition, with features on the BBC, in the Asian Voice, Woman and Home, and other prominent publications.



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Services



Online Workshops

Our online public speaking workshops cover everything individuals need to enhance their communication skills effectively.



Online Courses and Workbooks

We offer extensive online courses and workbooks designed exclusively for individuals who want to enhance their communication skills from the comfort of their own homes.

Products

Storytelling Workbook

Giving you the knowledge to generate real change in the way you communicate.

Interview Workbook

Interview workbooks designed to help individuals land their dream job with strong communication skills.

Neurodiverse Journal

Our neurodiverse journal is a helpful resource that provides practical solutions for individuals to write, draw, and understand their thoughts and emotions.

Online Courses

Confidence boosting CPD Accredited Video and Activity Online Course for Adults

All workshops and training can be tailored for your establishments.

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Testimonials



Preena Gosai -
Assistant Merchandiser



I have completed the Communicating with Confidence course. I was *nervous* at the beginning, having to record myself. But I thoroughly enjoyed doing it. The course was very well structured, and I liked watching the videos at the end of the modules.

It was *easy to navigate* through the tasks, and you explained things clearly.

In the beginning, I did not enjoy taking videos of myself, but then after a few attempts I got better and I was able to complete the task and enjoyed it. Sonal has covered everything in the course, and I know that others who take this on, will thoroughly enjoy it. I would *highly recommend* it.

Pam Shergill -
Transformation Coach



Before I did my public speaking course with Sonal, I was a *nervous wreck* and didn't even want to be a speaker. The full-day course was hands-on with opportunities to practice a number of sessions. Sonal was a *great teacher* and I learnt so much. Not only that, but it was also such a fun day and Sonal has a great way of making you feel at ease (even when you feel an absolute prat!).

Since my course, I have gone on to speak at 3 events and can sincerely say, I wouldn't have been able to do this, without her help. Each time, I remember her words and feel more and *more confident*. Thank you for empowering me!

Katherine McDonald -
Teacher in Dubai



Sonal is *absolutely amazing* and a true communicator and confidence expert!

I recently took part in her online workshop as public speaking has always been one of my *worst nightmares*, but thanks to Sonal's wonderful expertise and top tips, I now feel so much more *confident and empowered*.

Communicating with confidence is such a vital, invaluable skill and Sonal is doing such amazing work by empowering the world with the vital skills of communicating with confidence.

I can't recommend or thank you enough, Sonal!

Contact Us

Contact Sonal Dave today to bring out the best in your teams and build generations of confident communicators.



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