



BUILDING CONFIDENT AND EFFECTIVE WORKSPACES IN EDUCATIONAL FACILITIES



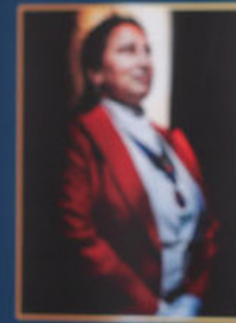
www.sonaldave.com

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 children and young 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 educational organisation public speaking training offers online workshops, courses, and workbooks as a solution for educational facilities.

www.sonaldave.com



**Award Winning
Wedding & Ceremonies
Toastmaster & Celebrant**

Toastmaster
Weddings & Receptions,
Corporate & Civic Events,
Fashion Shows & Award Ceremonies,
Community & Charity Events,
Masonic Ladies Nights.

Celebrant
Naming Ceremonies,
Celebration of Adoptions,
Weddings & Renewal of Vows,
Funerals & Memorial Services.

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 students lack confidence in themselves. In an academic setting, students are often required to give presentations, participate in discussions, or engage in public speaking activities.

If this fear is not addressed, it can lead to negative outcomes such as lack of participation, diminished academic performance, and missed opportunities for personal and professional growth. Failing to provide the necessary support and training in public speaking skills can hinder students' ability to excel academically and succeed in their future careers.

Failing to support students in developing the necessary skills for their personal growth and future careers can result in limiting their potential, hindering their ability to adapt to evolving professional demands, and diminishing their confidence. Public Speaking plays a vital role in establishing connections, influencing decisions, and inspiring change. Without these skills, professional growth becomes challenging in both the working 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 students could have on their confidence and performance? By offering training and support in this area, you can empower your students to enhance their public speaking abilities, fostering a more confident and effective attitude. This investment can yield numerous benefits, such as improved communication, increased student engagement, enhanced communication skills, and overall personal success.

Why Public Speaking is Vital to Personal Growth.

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 students 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 students.

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 students to take action and make lasting changes to excel academically and as entrepreneurs.

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.



www.sonaldave.com



Services



Online Workshops for Adults

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



Online Workshops for Children

We focus on building children's confidence by helping them find their voices early on. Our workshops cover everything from helping children understand the fundamentals of communication to dealing with public speaking anxiety.



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 for Adults

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

Storytelling Workbook for Students

For students who need a series of solutions to enhance their communication skills.

Interview Workbook for Adults and Students

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

Animated Online Course for Children aged 4+

A course for kids to develop their public speaking skills in a fun and engaging manner.

Video and Activity Course for Students aged 8+

A public speaking course designed to engage kids, reinforce learning, and provide tangible lifelong skills to take them into the future.

Neurodiverse Journal for Adults

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

Adult Online Courses

Confidence boosting CPD Accredited Video and Activity Online Course for Adults

Journal for Children

Write It, Read It, Let It Go. When your child needs to take a moment away from everything.

All workshops and training can be tailored for your facility.

Testimonials

Tanaiya - Teenage Student



My name is Tanaiya and I'm 15 years old. Before the public speaking course with Sonal, I **lacked confidence** and always dreaded speaking in front of a group of people. However, thanks to Sonal, I have definitely **overcome this fear**.

After learning about speeches and presenting, she helped me write my own CV, and cover letter.

I worked with Sonal for around 9 months and had weekly sessions, and I definitely see a **huge difference** in myself, and my parents and friends would agree too!

Rakhee - Parent



Sonal is a **lovely, friendly** and very warm person. Upon chatting to her, I found out that she does an online public speaking course and straight away I knew she could help my daughter, so I booked weekly sessions for my daughter.

After every session, I could see a difference in my daughter as she started getting more open, **confident**, gained **self-esteem**, and her body language changed.

I would recommend Sonal to every parent especially if they would like their **child to thrive**.

Thank you Sonal!

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.



sonal@sonaldave.com



+44 7940 715666.



www.sonaldave.com

