

JITTERS OR NOT...

HERE I COME! W O R K S H O P

DOES PUBLIC SPEAKING STRESS YOU? LEARN THE BEST TIPS OF PROFESSIONAL SPEAKERS!

"... a dynamic, (stimulante???) and interactive workshop. Stress being a part of our every lives, we can only grow after a presentation like this one."

Cédric Lanouette
Suppliers corporation of Quebec

"During a speech, I heard myself starting an incomplete story, what J.A. Gamache calls a "three legged dog". Because of that metaphor, I realized I was (m'embourbais???) (Je me suis ajustée???) and I regain control of my presentation. That workshop really (porté fruit???)".

Angela Sutcliffe-Shae
business growth specialist

HIGHLIGHTS OF THE WORKSHOP

Talking in front of a group might be very stressful. However, we witness it every day, those who succeed in life and in business have mastered public speaking.

You can become a better communicator by applying the strategies used by professional speakers. The "Jitters or not... here I come!" workshop will bring concrete and immediately applicable solutions.

This interactive workshop is divided in 2 parts. The first one gives a proven method to rapidly organize your thoughts in order to build a speech with punch and to put an end to the stress of public speaking. In the second part, improve your presentation techniques with the best tips used by professional speakers.

OBJECTIVES

- To know how to put an end to the fear of public speaking
- To learn a proven method to write a speech in 5 minutes
- To discover winning strategies to immediately upgrade your presentations

TECHNICAL REQUIREMENTS

Style of presentation: workshop with exercises and a Q&A period

Room setting: school style or round tables

Duration: 1 hour to a half day

Microphone: if necessary, lapel or wireless headset

Audio-Visual: projector, screen and sound system

Minimum number of participants: 40 people



ABOUT J.A. GAMACHE

A bachelor in business administration, J.A. Gamache is a bilingual (French and English) professional speaker from Montreal, Canada.

In 2003, He was the president of the Montreal's Chapter of the Canadian Association of Public Speakers (CAPS).

A proud Toastmasters' member since

1993, J.A. Gamache is the only Quebecer to ever win a podium (3rd place in the 2001) at Toastmasters World Championship of Public Speaking and was a finalist in that same contest in 2005 and 2007. Over 35 000 contestants participate in this prestigious event every year.

His free enewsletter "Public Speaking with J.A." is read in more than 50 countries around the world by over 3000 readers.



INVITE J.A. GAMACHE TO YOUR NEXT EVENT! INFO@JAGAMACHE.COM 450-962-4342