



The Actor's Approach To...

Public Speaking

- ONLINE -

The Actor's Approach to Public Speaking - 1:1 Online Programme

Learning Objectives

'The Actor's Approach to Public Speaking' programme will help you to overcome your fears of public speaking, tell your story, and deliver your message effectively both in front of live audiences and on webinars and video conferencing platforms.

Utilising modern technology, this creative workshop uses theatre and acting techniques adapted to today's business environment. Participants, from all industries, will learn how to communicate their message purposefully, creating impact and resonating with their audience.

 1:1 Coaching  7 Hours of live training  5 x Sessions  English  Online

Key Learning

- 1 Develop executive presence and personal confidence
- 2 Learn different presentation structures & the optimum times to employ them
- 3 Understand different communication styles and your audience's wants and needs
- 4 Develop a speaking voice that generates authority and credibility
- 5 Learn the importance of business & data storytelling
- 6 Develop techniques to allow you to simplify complex ideas

The Actor's Approach...

This programme is our Flagship Course and can be specifically developed to meet the needs and requirements of each individual.

Our courses are fundamentally rooted in theatre, fusing the power of the arts with the world of business to bring communication and presentation to life. 'The Actor's Approach to Public Speaking' uses a four-step process to prepare participants to communicate and present with impact, executive presence and empathy.



The Breath

Use your breath to centre yourself and create your executive presence.



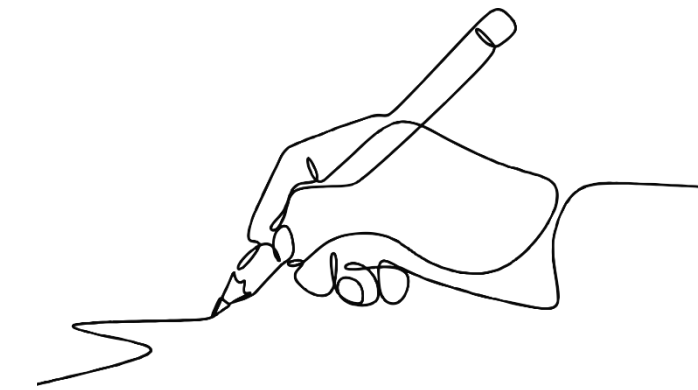
The Voice

Use your voice to create authority and increase empathy with your audience.



The Body

Use your body to communicate a clear and impactful message.



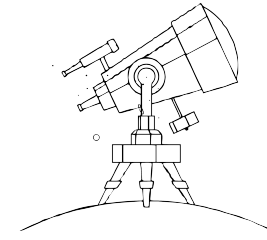
The Text

Adapt the structure of the text to take your audience where you want them to go.

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Course Content

Session #1 — 1.5 hours



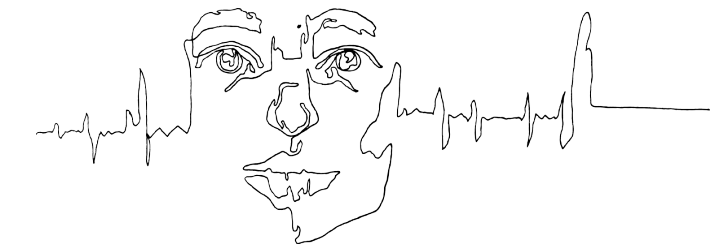
Set goals and targets



An Actor's Approach... Breath & Mind

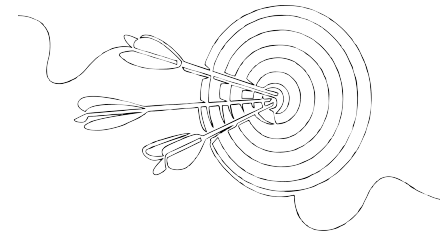


Practical Application - Live Rehearsal



Receive recordings & written feedback

Session #2 — 1.5 hours



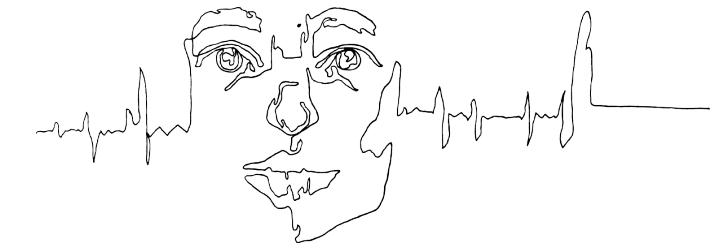
Feedback & Analysis from session #1



An Actor's Approach... Voice

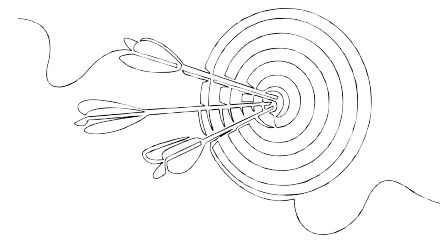


Practical Application - Live Rehearsal



Receive recordings & written feedback

Session #3 — 1.5 hours



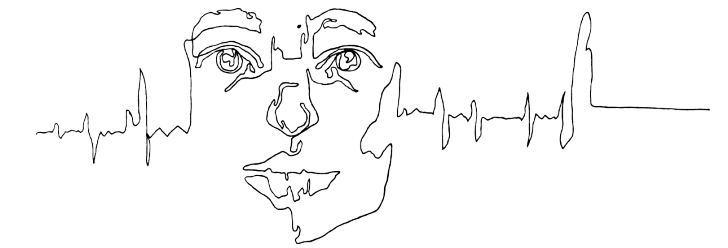
Feedback & Analysis from session #2



An Actor's Approach... Body

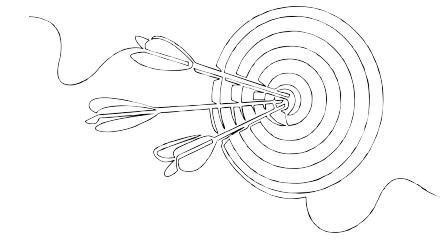


Practical Application - Pivoting your presentation styles for Webinar and VC

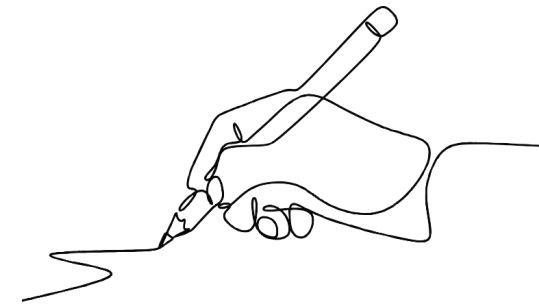


Receive recordings & written feedback

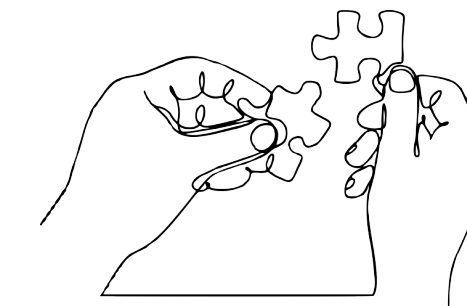
Session #4 — 1.5 hours



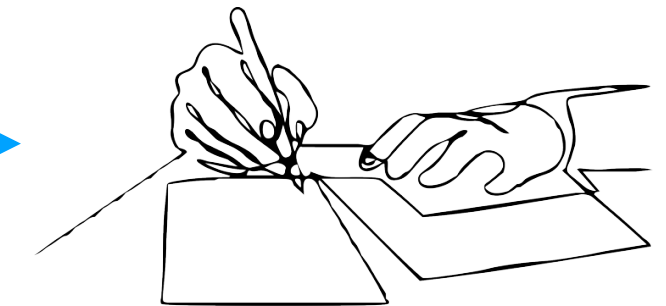
Feedback & Analysis from session #3



An Actor's Approach... Text



Presentation structures and slide decks

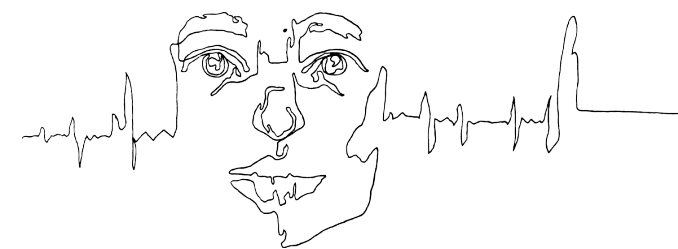


Presentation development

Session #5 — 1 hours



Practical Application - The Final Live Performance



Receive recordings & written feedback

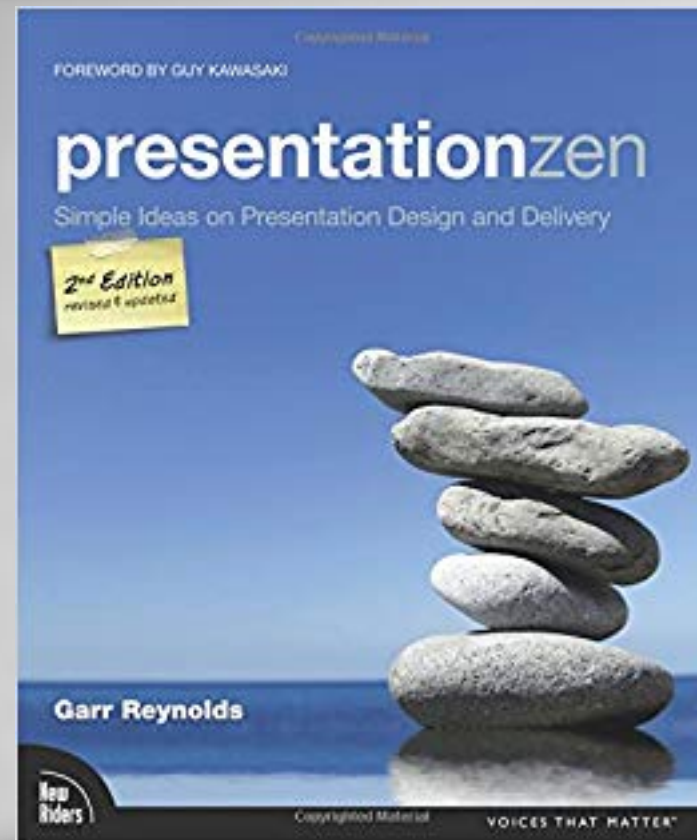


Action & Looking Ahead



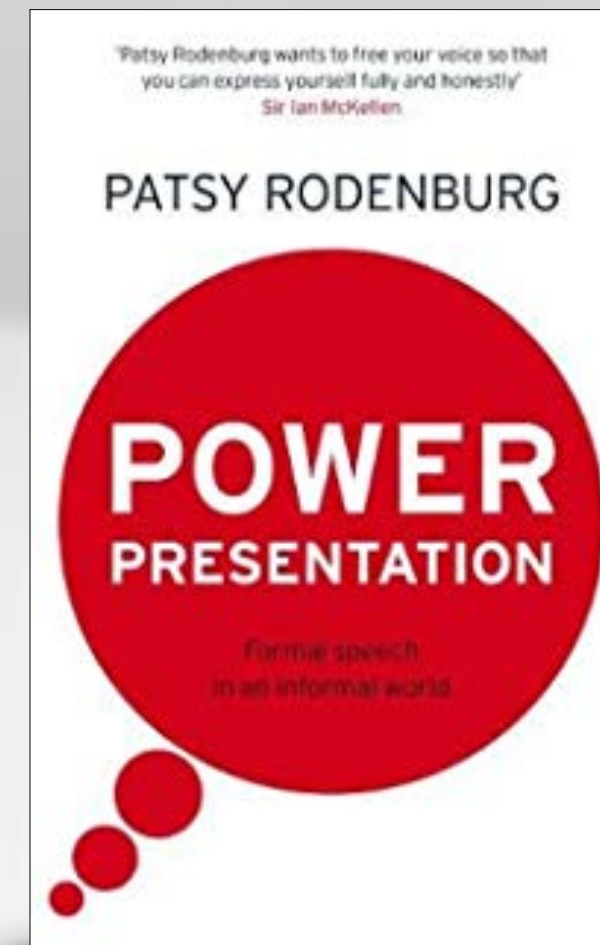
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The Books We Reference



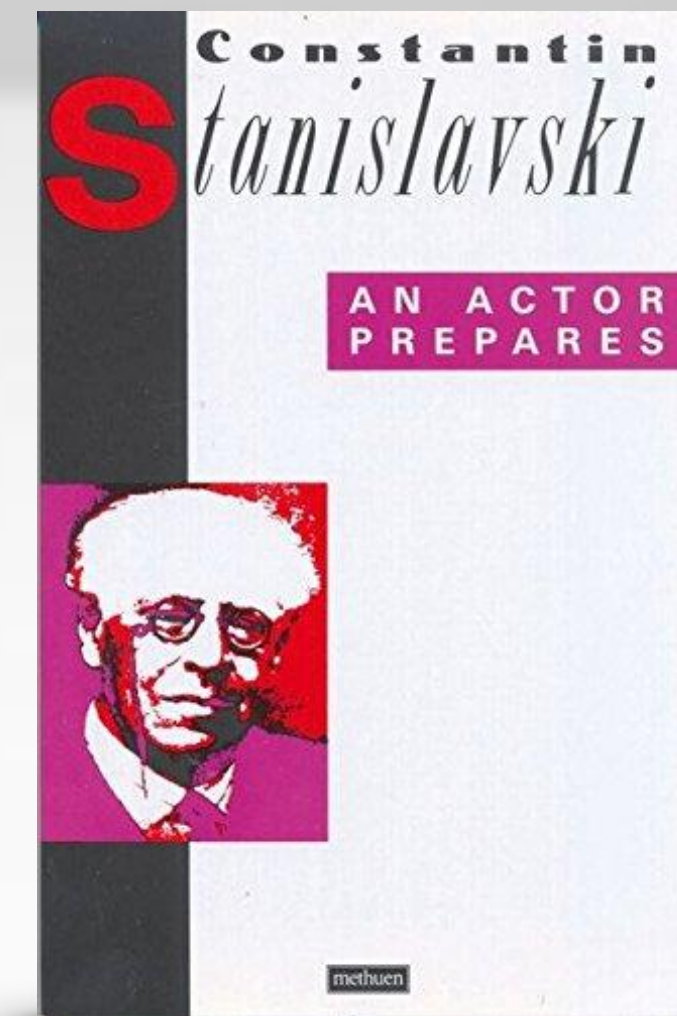
Presentation Zen

Best-selling author and popular speaker Garr Reynolds describes how to reach audiences through simplicity, storytelling and design.



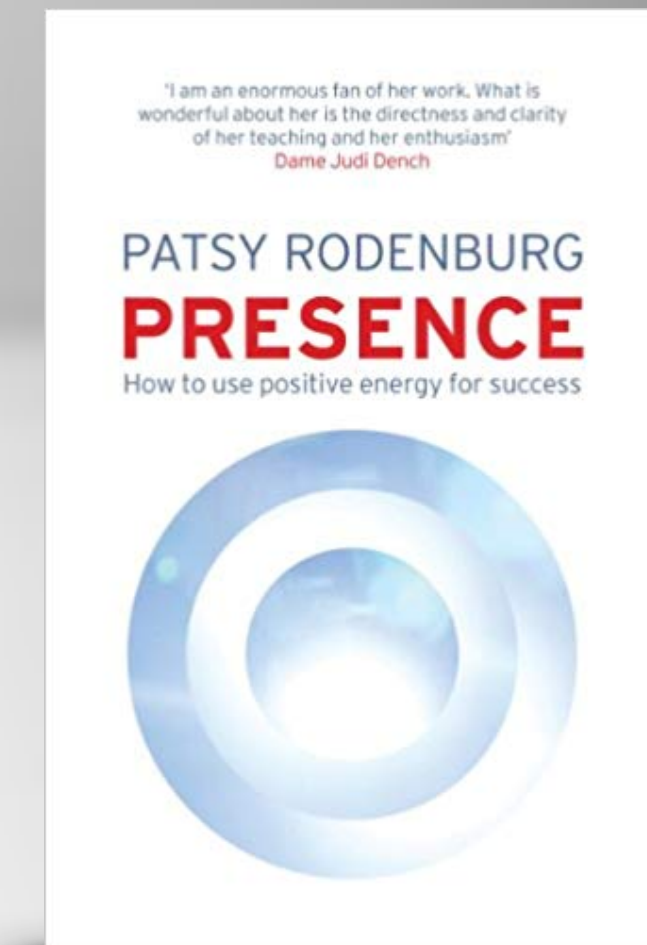
Power Presentations

Patsy Rodenburg is the leading acting coach in the UK (she has worked with Judi Dench, Helen Mirren, Ian McKellen and Cate Blanchett). Patsy has discovered the principles of speech in theatre apply extremely effectively when transferred into the workplace.



An Actor Prepares

Stanislavski's system is the bases of all modern approaches to performance. It give followers the means to master the craft of acting and stimulate the performers individual creativeness and imagination. It has influenced the majority of performances we see on the stage or screen.



Presence

There are three basic ways human energy moves between people and you can be in any one of the 'three circles' in any situation. In the first, your focus is purely inward, in the third, all your energy is moving outward. In the second you are focused, you give energy out and you receive it. You communicate spontaneously and listen well, you are generous and people are generous in return. By working on your breath, posture, voice, language, listening skills, focus, courage and trust you can access the second circle on a daily basis. Your work, relationships, spirituality and passions will all benefit.

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Who We Are...



Emotion Zhang

Winner for Best Actor
Hong Kong Drama
Awards 1991 & 2012

Hong Kong Based
Language: Cantonese



Chris Nayak

RSC, National Theatre
& West End Actor

London Based
Language: English



David Ricardo Pearce

Extras, National Theatre
& West End Actor

London Based
Language: English



Margaret Cheung

Winner for Best Supporting
Actor Hong Kong Drama
Awards 2011

Hong Kong Based
Language: Cantonese



Oliver Williams

RSC, National Theatre
& Royal Court Actor

Hong Kong Based



Nicholas Atkinson

Punch Founder
& West End Actor

Hong Kong Based
Language: English



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Who We Work With...

Financial

Morgan Stanley
Macquarie Bank
BNP Paribas
Price Waterhouse Coopers
Crédit Agricole
CA Indosuez CIB
Thomson Reuters
OCP Asia
Grosvenor
DFIN
Mandatory Provident
Fund Schemes Authority

Legal

Clifford Chance
Freshfields Brukhaus Deringer
Baker McKenzie
Herbert Smith Freehills
Hong Kong Advocacy Training Council
Allen & Overy
Hogan Lovells
Howse Williams Bowers
Plowman Chambers
Liberty Chambers
Queensway Chambers
Temple Chambers

Recruiting

Hays Recruiting Worldwide
Michael Page Recruiting

Retail

GAP
Hop Lun
Dorina
Sixty Eight
Time Vallée

Logistics

Jardine Aviation Services

Technology

Dyson
Inmarsat
One Plus

Media

RTHK

Health

OT&P Healthcare
The Round Clinic

Real Estate

Savills

What they Say About Us...

“In 2015, Thomson Reuters ran a sales skills competition across the Asia Pacific region. Punch’s creativity and professionalism enabled them to develop the programme to ensure our staff are equipped to meet the specific needs of our clients. Their ability to quickly understand our processes and identify areas of development, ensured that each two day programme was hugely successful and popular with all attendees. I would highly recommend their unique approach to presentation skills training and sales skills development.”

Peter McMillan - Head Of Customer Development and Wealth Management Asia Thomson Reuters

“It was my pleasure to listen to your talk to the members of Liberty Chambers. Your presentation was greatly appreciated by all those who attended. In particular, the young barristers felt that your tips on presentation and the vocal warm-up exercises were areas that they previously had given little thought to. Thank you for your kindness in taking the time to inspire our young barristers to perform to a higher level in court.”

Alexander S. King - Senior Counsel, Liberty Chambers Hong Kong

“Working closely together for over six weeks I was impressed by Nick's total professionalism sometimes under the most trying of circumstances. He consistently brings spirit and positivity to whatever he does and I saw him instil the whole team with confidence and enthusiasm from beginning to end. Nick has the ability to focus intensely on multiple details while also concentrating on the big prize. He does this by maintaining a rare intellectual and creative integrity and by communicating his singular vision precisely and directly.”

Anthony Day - Solicitor & lecturer on the PCLL listed company elective at HKU



Punch.
PRESENTATIONS

| M +852 9137 9705 | E info@punchpresentations.com | W www.punchpresentations.com