



PROFESSIONAL DEVELOPMENT FOR WOMEN

Public Speaking and Platform Skills for Women Professionals

2 day course

Classroom, online or in-house

Course overview

Speaking to a room is a physical skill built from breath, pace and rehearsal, and treating it as a confidence problem leaves people trying to feel differently instead of practising something learnable. This programme treats it as craft. Delegates work through voice, breath support and the projection that carries a room without strain, then through pace and the pause that most speakers cut short. Structuring a talk so a listener can follow it without a handout is covered. Opening and closing are rehearsed specifically, since these are what an audience retains. Presenting with slides is addressed, including designing them so they do not compete with the speaker. Handling questions, including a hostile or dismissive one, is practised. Panels, chairing and speaking on camera are covered. Nerves are addressed physically rather than by exhortation. The programme closes on rehearsal method and on building a speaking record.

What you will learn

- Use breath, voice and projection to carry a room without strain
- Control pace and hold a pause
- Structure a talk a listener can follow without a handout
- Rehearse openings and closings deliberately
- Design slides that do not compete with the speaker
- Handle questions including hostile and dismissive ones
- Perform on panels and on camera, and manage nerves physically

Who should attend

- Women professionals presenting to internal or external audiences
- Managers who brief teams and executives
- Technical specialists presenting findings
- Staff representing their organisation at events
- Anyone preparing for a conference or panel appearance

Course outline

- 01 Craft rather than confidence
- 02 Breath, voice and projection
- 03 Pace and the pause
- 04 Structuring a talk to be followed
- 05 Openings and closings
- 06 Slides that support the speaker
- 07 Questions, including hostile ones
- 08 Panels, camera, nerves and rehearsal method

Upcoming dates



Dates	Venue	Format	Fee per delegate
20 to 21 October 2026	Cape Town, South Africa	Classroom	R11,950
9 to 10 December 2026	Accra, Ghana	Classroom	USD 795
15 to 16 December 2026	Online	Online	R6,500
16 to 17 March 2027	Maputo, Mozambique	Classroom	USD 795

Fees and how to register

This 2 day course is **R6,500** per delegate online, **R11,950** in the classroom in South Africa, Botswana, Namibia, Lesotho and Eswatini, and **USD 795** in the classroom elsewhere in Africa. In-house training is quotation on request. Book 2 or more delegates on this course and save 10%.

To register or request an in-house proposal, visit www.afrisciencegroup.com, email info@afriScience.co.za, or WhatsApp us on **+27 63 479 1136**.

AfriScience Group | +27 61 536 6531 | info@afriScience.co.za | Pretoria, Gauteng, South Africa