

Learn to Speak with Confidence!



Learn to express yourself more comfortably in any speaking situation: at work, at school, in your community. The **Christopher Leadership course in Effective Speaking** has been helping people across Canada since 1953. This course is designed to help you improve your speaking, presentation and leadership skills. In a friendly, informal environment you will receive professional training by instructors who are dedicated to helping you achieve your goals. It is a one-night-a-week hands-on program that will guide you step by step through exercises that will help build your confidence and become a more effective speaker. You will discover that public speaking skills are not inborn, but can actually be learned and developed with practice. The course is open to anyone aged 16 or over.

Learn how to ...

- *deal with nervousness*
- *remember names*
- *read effectively to a group*
- *eliminate "hems and haws"*
- *introduce / thank a speaker*
- *present / accept a gift*
- *organize a talk or presentation*
- *handle impromptu situations*
- *become more spontaneous*
- *apply leadership skills*



www.clchamilton.com

Spring 2010

Spring course will be held at

Hillfield Strathallan College



Begins Monday, 22 March, 7.00 pm

Monday evenings: 7.00 - 9.30 pm
March 22 - June 7
(no classes April 5 and May 24)

**Guest Lecturer will be HSC Alumnus,
Murray Weaver**

For information or to register

call: 905 662-4076

or email

fsergi@cogeco.ca