

The Art of Effective Speaking and Presenting

Say what you mean without the stress.

John Bowe worked as a journalist (and bad public speaker) for years before becoming a speech trainer. This switch was precipitated by observing an extraordinary change in one of his family members. His step-cousin, a life-long, cripplingly-shy recluse, announced that he was getting married.

Bowe's family was shocked and bewildered. How did this happen? The cousin's life was transformed not by conventional psychiatric treatment, but by learning the rudiments of public speaking through the organisation Toastmasters International, the world's largest organisation devoted to teaching public speaking.

John began to investigate other stories of people who had overcome social and professional paralysis through learning the art of public speaking. His journey took him from stutterers to scientists, from introverted authors to Goldman Sachs bankers, prisoners facing parole boards, and CEOs facing shareholders. It continued to Ancient Greece and Rome, where speech training was the cornerstone of educational curriculums, considered *the* essential skill for successfully navigating personal and business life.

In 2020 John published his book, *I Have Something To Say: Mastering The Art of Public Speaking In an Age of Disconnection* (Random House, 2020), which describes how he himself joined Toastmasters to learn to speak in public. He explores the roots and development of speech training and its role in promoting personal, social, and democratic well-being for over 2000 years.

His conclusion: good communication has nothing to do with anxiety, confidence, or character, and everything to do with understanding how people listen. With a few simple tools, anyone can learn to say what they mean and drastically improve their ability to connect with others. *Doing so will totally change your life.*

This workshop will help you acquire those skills.

You'll learn a method to think before you write, organise and prepare your thoughts, harmonise your words, visuals, and delivery, and connect more authentically with others. You will gain the confidence to share your ideas more clearly at work and every other part of your life.

Using proven techniques invented by the greatest thinkers and communicators in history, John's simple method will have you communicating more effectively in just a few hours.

Find out more about John at <https://www.johnfbowe.com>

