

演讲

# Stage Presence: Presenting Your Best Self

现场课程

## 学习内容

Whether we like it or not, we are judged by our appearance over our competence. In this workshop, we'll learn how to create and maintain a positive first impression that accurately reflects our competence and credibility.

## 学习原因

Regardless of our professional position, we find ourselves in situations where we have the opportunity to present to an audience. Whether that is to a team of 10, or an audience of 500, having the tools to quickly and effectively step up to the plate, and present our best self is crucial to our success as leaders.

## 学习效果

Presenting your best self establishes credibility, earns respect, and portrays confidence, inspiring others to have confidence in you.