



# The Presentation Workout: The 10 tried-and-tested steps that will build your presenting skills

*Kate Atkin*

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**Arm yourself with everything you need to quickly become an expert presenter.**

*The Presentation Workout* has been specially designed to help you perfect the art of presenting in any situation. Packed full of practical advice and easy-to-follow techniques, our 10-step improvement plan will show you how to enhance your skills and ensure you deliver a polished performance every time.

- **Test yourself** – Establish your strengths and weakness with our pre-workout assessment
- **Follow the 10 Steps** – Discover the skills that every presenter needs to succeed
- **Take action** – Learn how to build your new knowledge into your everyday performance
- **Face your fears** – Increase your confidence and confront the 10 most common presenting challenges

Start your presentation workout today and begin exercising your full potential.

"Absolutely perfect – full of hints and tips for every type of presentation."

**Louise Bateman, Human Resources Director, Royal Masonic Benevolent Institution**

"Brilliantly captures the tips, tools, strategies and techniques of how to become an accomplished presenter. A great read and it's a book that I will be continually referring to!"

**Andrew Richards, Group Managing Director, Linden Homes**

"Easy to read and dip into as a lasting reference tool."

**Lee Mortimer, Training Quality Manager, Capita Learning Services**

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