

# **THE STAGE FRIGHT ANTIDOTE!**

## **Theatre-based Effective Presentation Skills programme**



The Stage Fright Antidote! offers a fresh approach to end stage fright. It is a combination of Basic Acting & Theatre Improvisations 101 with essential tools on public speaking techniques that creates interactivity, fun and accelerate your learning.

The Stage Fright Antidote! is an amazing interactive adventure that will give you the tools and basics you need to deliver a message. This is not your typical

'presentation skills' workshop. It's like an extravaganza of sorts with a mix of experiences, exercises, on stage presentations and many others.

### **Workshop Information**

#### **Workshop Outline/ Outcome**

##### **Stage Presence & Persona**

Develop your own Stage Presence using the Charisma Building Blocks so you can Command the Stage and Captivate the audience's attention

##### **Confidence Booster Techniques**

Apply Breathing techniques, Theatre warm-up & Visualisation exercises actors use that create incredible impact on calmness that will convert the nervous energy into positive energy

##### **Content Creation Blueprint**

Learn the Step-by-Step content creation speaking blueprint to help you design and prepare your speech that will glue your audience to your presentation



#### **Workshop Methodology**

A mixture of group work, mini-lectures, facilitated hands-on process. The session will be fully packed with practice.

#### **This workshop is for:**

Managers, Supervisors, Team Leaders, Facilitators, Trainers, Entrepreneurs and Anyone who Wants to Enhance Their Creative Problem Solving Skills Through Unconventional Ways

#### **Time & Duration**

Half-Day or Full Day (Depending on number of delegates)

#### **Number of Delegates**

8 – 18 pax

#### **In-House / Customisable:**

This programme can be customized and conducted in-house to suit your staff learning needs. Speak to us to free consultation.

## **Partial List of Past Clients & Partners**

BMWAsia Pte Ltd, Maritime and Port Authority of Singapore, Ministry of Social and Family, Inland Revenue and Authority of Singapore (IRAS), State Courts, Defence Science & Technology Agency, Ministry of Education, Civil Service College, Commandos Training Institute, Ascendas Pte Ltd, Malay Youth Literary Association (4PM), Islamic Religious Council (MUIS), Starhub Ltd, Exxonmobil, Singapore Turf Club, Petronas Malaysia, Malaysia Special Library Services

## **Testimonials**

"I was thrilled that after the coaching sessions, not only did my presentation styles were brought up a notch, but I also won the Top Prize in that annual competition!

What I appreciated most from Hazriq was his professionalism and his acumen in the presentation and public speaking field. He's a no-nonsense coach with a high threshold of patience (with my antics!) yet firm in his delivery to meet, and exceeded, the desired outcome."

**Suhail Abdul Hamid**  
**Founder, Communications Training Centre**

"Hazriq is a wonderful trainer! Full of vibes and energy and never holding back in sharing creativity and ideas with his students."

**Andy Yam**  
**Sales & Marketing Manager, GIG Education Centre Pte Ltd**

"...And so the time came and I found myself delivering my simple message in a calm and natural way. I grabbed that mic and I started talking! I thought I was going to get very nervous, but I didn't!.... And for that, I have to Thank You Hazriq. I have no doubt that when the time comes, I'll be seeking your assistance again."

**Maitte Cruz,**  
**Counsellor, Hwa Chong School**

"I found Hazriq's techniques on improving my presentation skills extremely valuable. I was able to take a whole new approach to a keynote lecture I was asked to give at a conference. Even though I had presented many times before and thought that I was a skilled presenter, Hazriq was able to introduce me to more creative ways to present. "

**Dr. Jafri Kuthubutheen**  
**Surgeon, Toronto, Canada**

## **SPEAKING/TRAINING REQUESTS & ENQUIRIES:**

**Contact:**  
Hazriq Idrus  
Phone: (65) 6100 2306  
Email: [info@thespeakingfactory.com](mailto:info@thespeakingfactory.com)

c/o The Speaking Factory Pte Ltd  
300 Tampines Ave 5  
Level 09-02 Tampines Junction  
Singapore 529653

**For more information, please visit:**  
[www.thespeakingfactory.com](http://www.thespeakingfactory.com)