

AndreaWhite

PRESENTING INSPIRATION





Andrea White

Speaker Coach & Trainer

With a background training in theatre, my unique combination of performance and conference industry experience positions me to assist speakers to deliver high quality content in engaging ways.

For over 20 years I have been working with senior executives from the public and private sector to develop and deliver world-class presentations to audiences of 10 to 10,000 people.

A sample of companies I have worked with include Bayer, Black Rock, Brambles/ CHEP, Colgate, Gartner, General Dynamics, Hill's Pet Nutrition, IBA, SHI, T-Mobile, VMware and Visa Europe.

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Tailored coaching to meet speakers needs

Having worked with hundreds of presenters, I know that anyone can learn to be a better speaker, and I focus on helping each individual to find their own authentic style.

A unique understanding of events

As a former conference producer, leading flagship conferences for Gartner and Visa, I understand what it takes to ensure speakers are well prepared to be successful.

Interactive & engaging training

My energetic, facilitative approach ensures that participants in my training are engaged throughout and acquire and retain skills through taking part, learning from each other and having fun.

Global knowledge

With experience working with speakers across the world, I have an unusual perspective on how to adapt presentations for a global audience to resonate between different regions and cultures.

www.andreawhite.co.uk

Presentations Training



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Presentation Training – Overview

Highly interactive, practical training providing the skills and inspiration to give stand out presentations for any audience. We offer multiple length sessions from 90 minutes to 2 days, with additional options for practice sessions and coaching, based on the needs of your team.

1
In person 

**Live Presentations:
 Presenting with Impact**

This course offers everything you need to know about presenting to a live audience, from small groups in meeting rooms to large auditoriums.

2
Virtual 

**Virtual Presentations:
 Connect with your audience**

This course focusses on how to become an expert presenter in online meetings and presentations, whether on tools like Zoom or Teams, webinars or virtual conference platforms.

3
Hybrid 

**Hybrid Presenting:
 Mastering Virtual & Live**

This is a comprehensive course that covers the demands of both virtual and in person presentations and how to adapt quickly to both environments.

Topics include:

PERFORMANCE		AUDIENCE ENGAGEMENT & INTERACTION		CONTENT & SLIDES	
Stage Presence	Confidence Building	Co-Presenting	Moderating	Structure	Presenting Data
Virtual Presence	Voice & Breathing	Audience Engagement	Influencing	Storytelling	Slide Design

Live Presentations: Presenting with Impact

This course helps participants create and deliver successful in-person presentations to live audiences of any size.

SESSIONS

1

Stage Presence & Voice

- Have more presence on stage
- What to do with your hands!
- Making your voice more engaging
- Become comfortable and natural on stage
- Learn to harness nerves and enjoy performance

2

Content

- Gain and maintain your audience's attention
- Start and end your presentations with impact
- Tell better stories and be more memorable
- Create a structure that's easy for your audience to follow
- Prioritise the right content to include

3

Slides

- Slide design techniques to impress and engage your audience
- Learn how to reduce text and make slides easier to follow
- Master the use of images and animation to tell a story
- Handle complex data and make it easy to read
- Top tips in PPT to save time

4

Practice Session

- Practice some pre-prepared content with colleagues
- Gain useful feedback from colleagues
- Benefit from the insight of watching others try out new techniques
- Individual feedback and coaching from our speaker coach
- Gain confidence and embed your new skills



Virtual Presentations: Connect with your audience

This course helps participants create and deliver successful virtual presentations to audiences of any size.

SESSIONS

1

Virtual Presence & Interaction

- Make the most of how you look and sound on screen
- Master camera techniques and increase on-screen charisma
- Make your voice more engaging and natural
- Successfully manage interaction on virtual
- Engaging large and small virtual audiences

2

Content & Audience engagement

- Maintain audience engagement with content that grabs and keeps attention
- Start and end your presentations with impact
- Tell better stories and be more memorable
- Create a structure that's easy for your audience to follow
- Prioritise the right content to include

3

Slides

- Slide design techniques to impress and engage a virtual audience
- Learn how to reduce text and make slides easier to follow
- Master the use of images and animation to tell a story
- Handle complex data and make it easy to read
- Top tips in PPT to save time

4

Practice Session





- Practice some pre-prepared content with colleagues
- Gain useful feedback from colleagues
- Benefit from the insight of watching others try out new techniques
- Individual feedback and coaching from our speaker coach
- Gain confidence and embed your new skills



Hybrid Presenting: Mastering Virtual & Live

This course helps participants create and deliver successful virtual & in-person presentations to audiences of any size.


SESSIONS

IN PERSON 		VIRTUAL 		IN PERSON 	VIRTUAL 
1	2	3	4	5	6
Stage Presence & Voice	Content & Structure	Virtual Delivery & Audience Engagement	Slides	In-person Practice Session	Virtual Practice Session
<ul style="list-style-type: none"> • Have more presence on stage • What to do with your hands! • Make your voice more engaging • Become comfortable and natural on stage • Learn to harness nerves and enjoy performance 	<ul style="list-style-type: none"> • Gain and maintain your audience's attention • Start and end your presentations with impact • Tell better stories and be more memorable • Create a structure that's easy for your audience to follow • Prioritise the right content to include 	<ul style="list-style-type: none"> • Make the most of how you look and sound on screen • Master camera techniques and increase on-screen charisma • Make your voice more engaging and natural • Successfully manage interaction on virtual • Engaging large and small virtual audiences 	<ul style="list-style-type: none"> • Slide design techniques to impress and engage a virtual audience • Learn how to reduce text and make slides easier to follow • Master the use of images to tell a story • Handle complex data and make it easy to read • Top tips in PPT to save time 	<ul style="list-style-type: none"> • Practice some pre-prepared content with colleagues • Gain useful feedback from colleagues • Benefit from the insight of watching others try out new techniques • Individual feedback and coaching from our speaker coach • Gain confidence and embed your new skills 	



Presentation Skills Workshops – Pricing Guide

Bespoke programmes are available, please contact us for more information and to discuss requirements.

In person 

Virtual 

Hybrid 

Course Options

Course Options	In person			Virtual			Hybrid		
	Session Duration	No of sessions	Total Price	Session Duration	No of sessions	Total Price	Session Duration*	No of sessions	Total Price
Mastery	2 days	4	£20,000	2 x 3hrs	4	£10,000	2 days/ 2 x 3 hrs	3/3	£28,000
Comprehensive	1 day	4	£12,000	3 hrs	4	£6,000	1 day/ 3 hrs	3/3	£14,000
Express	0.5 day	4	£8,000	90 min	4	£4,000	0.5 day/ 90 mins	3/3	£9,000

*In-person sessions/Virtual sessions

Price includes

- Up to 12 participants*
- Research call to establish participant needs
- Review of current presentations (video, webinars or slides)
- Makeover of 3-4 slides
- PPT Designer to attend Slides session

Optional Extras

- Additional coach for groups larger than 12
- 1-1 coaching sessions
- Slide template design
- Venue & Catering for in person sessions

Additional session topics available

- Moderating & co-presenting
- PPT skills
- Influencing
- Storytelling

* Pricing is flexible depending on group size, location, and sessions required

Team Workshops



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Team Workshops

Half day or Full day workshops that enable teams to bond, focus on well-being, team spirit and improve communication and resilience. We will work with you to build a bespoke program to meet the individual needs of your team.

1

Team Communication and Resilience

Our team workshop uses drama-based games to enable teams to find space to have fun, relax and get creative. Once we are in this place we can think better, work better and communicate better. This is where transformations take place!

We help teams to:

- Identify how to better communicate
- Be more resilient
- Enjoy working together
- Develop a more effective 'coaching style' of communicating
- Maintain a positive outlook even in challenging times

2

Confidence Booster Workshop

In this transformative workshop you will learn how to find the freedom to let go of fears and be your best self, even in the most stressful situations.

Using fun and interactive exercises, we provide techniques to help you:

- Identify what holds you back
- Learn how to relax
- Take control of your nerves
- Inspire and connect with others
- Find joy in speaking publicly

Guide pricing for up to 12 participants

In person:	Virtual:
Half day: £2,500	Half day: £2,000
Full day £3,500	

Speaker Coaching & Conference Support

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Five Stages of Speaker Coaching

There are five potential stages to the presentation coaching process, and how much support you choose in each stage is completely up to you

1

Ideation

Identify the aims of your presentation

Consider what the audience really need

Brainstorm key messages & ideas

Discuss audience experience options

2

Planning

Solidify key messages

Create a clear structure

Assess proof points – data, stories, case studies

Storyboard & design audience experience

3

Creation

Script/ create talking points

Develop slides or visuals

Add memorable moments

Consider audience interaction

4

Preparation

Avoid logistical pitfalls of environment and technology

Create a pre-event and onsite rehearsal plan

Ensure confident & smooth entrance and exit from stage

Audience interaction & question management

5

Rehearsal

Practice & improve delivery – physical, vocal and technical

Finalise notes/ script/ slides to ensure they are supporting you perfectly

Develop confidence through personalised coaching, feedback and encouragement

Guide pricing :

In person: £2,500 per day plus travel
Virtual 4 x 1 hour session: £1000
Virtual 8 x 1 hour session: £1,750

Support for Conference Organisers

Ensure you get the best out of your speakers by providing robust support & coaching prior to your event.

Group Prep Calls

Virtual

Live or pre-recorded prep calls to assist your speakers deliver outstanding presentations or manage engaging panels.
Topics include:

- Content Preparation & Slide design
- Audience Engagement
- Stage or Virtual Presence & Voice
- Moderating & Panellist Best Practices

1 to 1 Coaching & Rehearsals

Virtual or
in person

Pre-event & onsite speaker coaching options range from one rehearsal to full support, including ideation, creation and rehearsal to help speakers:

- Deliver content that meets the needs of your audience
- Grab and maintain audience engagement throughout
- Ensure the outcomes you most want from your conference
- Be well prepared and give engaging & memorable presentations

