



GALLERY OF IDEAS

4 SEASONS TRAINING

A Practical Public Speaking Program
designed for individuals and
organisations



SEASON ONE - S1CL6

To study the art of Public Speaking, in essence is to study Rhetoric; the study of effective communication. In this Season, you'll learn the 5 canons of rhetoric (Invention, Arrangement, Style, Memory and Delivery) techniques to building and analyzing speeches + handle stage-fright and speech anxiety.



SEASON TWO - S2CL6

Building on the foundation of Rhetoric and the 5 canons of public speaking we explore the creation and development of effective storytelling and performance.

Based on the 7 proven storytelling narratives we discover, enhance and refine your own individual style and performance persona.



SEASON THREE - S3CL6

An in depth study of the 5 canons of rhetoric, refining your personal style and performance to create the perfect presentation. Development of your professional speaker profile by providing methodology and tools for marketing your personal brand.



SEASON FOUR - S4CL6

In this module, we'll focus on improving participants leadership and speaking skills with a sophisticated level of skill sets that will be introduced throughout this season. Participants will learn the Art of Debate and Negotiation, how to use voice, body language, energy and posture to deliver their message with impact and confidence.