

COACHING on PUBLIC SPEAKING & PRESENTATION SKILLS



Louie Banta

CEO & Chief Consultant

Trained **524** Organizations in **22** countries, 5 continents

30 Years of L&D, OD Experience

80 Courses in the Portfolio

Book your coaching session here!
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LJMB Training

OVERVIEW of the COACHING PROCESS

PRE: FREE Skills Assessment + GOAL Setting

1 Before this session, the coachee will **video record a talk or presentation.**

- on a topic that the coachee wants to be an expert on
- at least 10 minutes in duration
- with or without the use of slides
- best if with an audience of at least 2 people (using a virtual platform)



2 The coachee submits the video to LJMB who will **review the video, assess public speaking & presentation skills** and **identify:**

- Strengths**
- Areas for development**



3 LJMB and coachee goes into a **1-hour session** where:

- LJMB gives **VERBAL FEEDBACK** to the coachee
- Both parties identify and agree on **SESSION GOALS** focused on what areas of improvement need to be addressed



4 LJMB draws up a **DEVELOPMENT PLAN** for the coachee to address the needs. This plan can involve:

- Several sessions:
 - Minimum of 3 sessions** (to allow for progress and improvement to be shown), maximum depends on the goals set and number of areas for improvement
 - Each session lasts for **1 hour**
 - Each session is focused on **1-2 areas for improvement**
 - Best to have 2-3 sessions within a week** to take advantage of momentum
 - The **schedule of sessions to be agreed on** by both coachee and LJMB
- Utilizing several skill development methods** as appropriate.



OVERVIEW of the **COACHING PROCESS**

DURING: The Coaching Session

Coaching Session Day 1

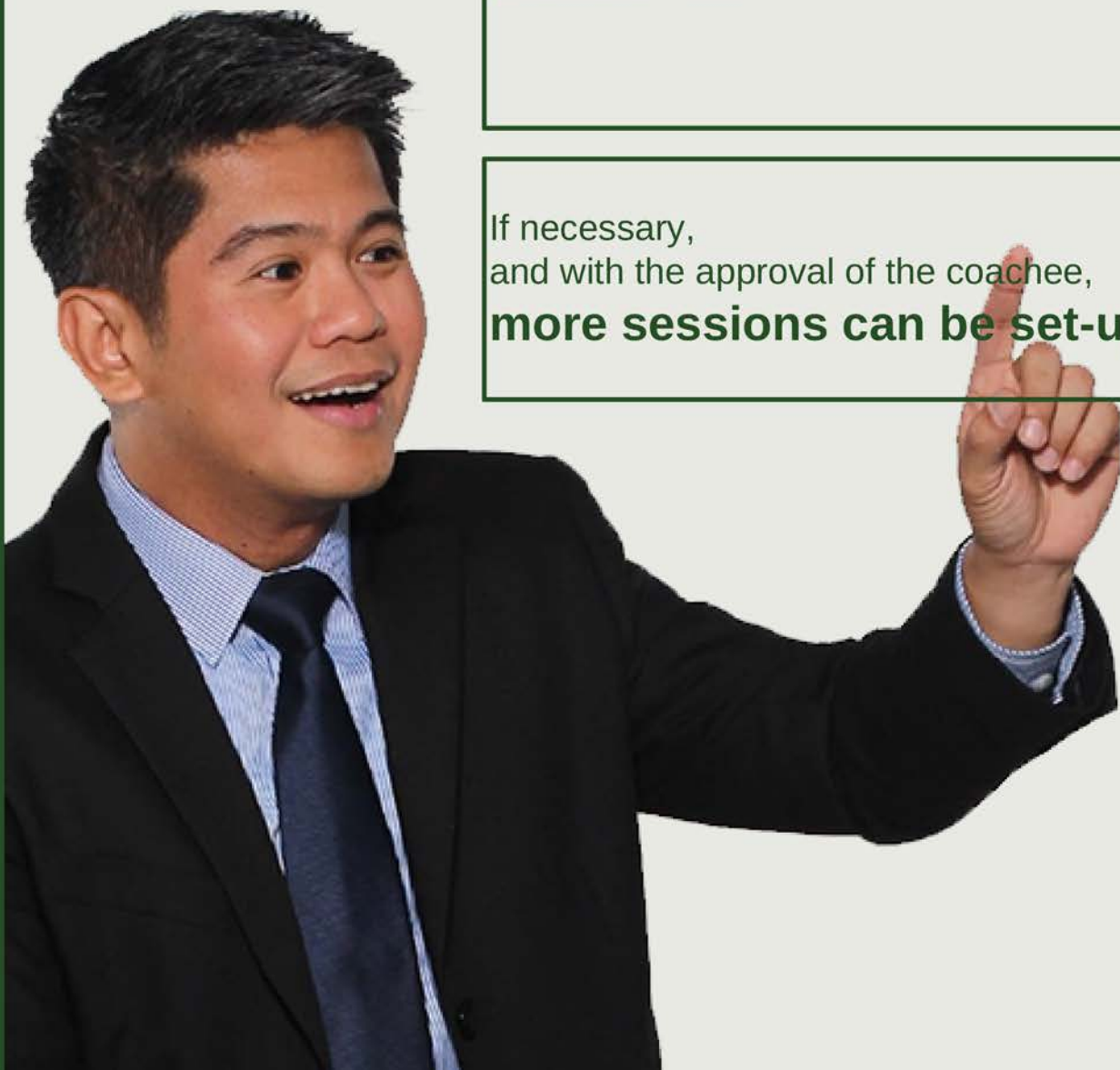
Coaching Session Day 2

Coaching Session Day 3

Prior to each coaching session, the coachee **records a video of a talk or presentation** (same criteria as the skills assessment video) and **submits to LJMB for review.**

During the coaching session, LJMB **provides feedback to the coachee** using an interactive and reflective method (NOT just “telling” or lecturing on the coachee), **ending with an action plan** to apply in the next presentation video.

If necessary, and with the approval of the coachee, **more sessions can be set-up.**



AREAS for IMPROVEMENT/ DEVELOPMENT that CAN BE ADDRESSED

Message

Analyzing the Audience

Identifying Objectives & Key Messages

Designing An Outline for Different Situations

Talking Points: Opening, Body, Transitions, Summary,

Closing

Visual Aids

The Wide Range of Visual Aids

Avoiding Common Pitfalls

Presenting Text

Using Images

Presenting Data

Delivery

Vocal Power Through Vocal Variety

Eliminating Fillers = Spontaneous Delivery

High-Impact Body Language

Audience Impact

Projecting Confidence & Credibility

Catching & Sustaining Attention

Influencing the Audience: Getting a YES



PERSONAL DEVELOPMENT INVESTMENT

3 coaching sessions including:

1-Hour Session on Skills Assessment

Skills assessments at the end of each session

Recording of Zoom sessions

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Your COACH
EXPERT.
ENGAGING.
EMPOWERING.
LOUIE BANTA

CEO & Chief
Consultant

Louie has 30 years of combined work experience in Training, Education and Development, Human Resources and Organizational Development. He established LJMB Management Consultancy Services in 2005.

He has trained employees from all functional groups (Sales, Marketing, Production, Operations, Customer Service, Finance, HR, etc.) from all levels (staff up to senior management and executive positions) and from 524 companies in over 22 industries. He has conducted workshops for audiences in Australia, United States, Germany, Dominican Republic, Indonesia, India, as well as Singapore and has handled 19 different nationalities as participants.

A well-rounded Learning and HROD professional, he has effectively designed and conducted a wide range of highly-customized Learning and OD solutions – from Leadership/ Management Development to Culture Building, from Team Building to Personal and Professional Skills Enhancement.

He started as an Instructor for the Psychology Department of De La Salle University in 1992 and moved into the corporate world as a Senior Training Officer. Louie was an HR & Training Manager in a group of companies involved in the hotel and restaurant, manufacturing and service businesses. Then, he served as a Managing Consultant for one of the biggest and oldest local training companies, leading the design and production function for the Supervisory, Management and Organizational Development Division. Louie also served as a Director for Learning Effectiveness/ Leadership Development of a BPO company with 22,000 employees.

Louie was a Board Member of the Philippine Society of Training and Development (heading the Membership Committee in 2007) and was an Advanced Communicator-Advanced Leader in the TOPS Toastmasters' Club of Makati. He was a Toastmasters speech champion, having gone all the way to the District 75 (National Finals) International Speech Competition in 2012. He finished AB Psychology, attended courses in Counseling Psychology and was an MS (Candidate) of Industrial-Organizational Psychology – all from De La Salle University.

- Certified Facilitator of Strengths Deployment Inventory
- Marketing in Asia's Rising 70
- #Top100FilipinosOnLinkedIn





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or



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