BDIA

SKILLS SHOTS COMMUNICATION

Practical 90-minute virtual workshops



Free to attend for you and your team

Do you ever find yourself preparing for an important client presentation, sales pitch, team meeting or industry event, only to feel your heart beating a little faster as the moment approaches?

Most of us have experienced those pre-presentation nerves. The good news is that confidence can be learned, and a few practical techniques can often make all the difference. As part of our ongoing commitment to supporting our members, these Skills Shots sessions are designed to provide practical, accessible training that helps individuals develop professionally, strengthen their communication skills and drive success within their business.

TOPICS COVERED

FIRST IMPRESSIONS

We make snap judgements about each other in the first 7–30 seconds... **ughhh!** Learn how to do intros well and practice them.

STRUCTURE & STORY SHAPE

Great presentations aren't lists of information, they're journeys. Learn how to create strong starts and simple story structures that keep people learning in.

VOCAL DELIVERY

It's not what you said, it's how you said it. Learn how to make your message and tone work together to build trust.

READINESS & NERVES (BODY LANGUAGE)

Nerves are your body doing exactly what they should be doing. We'll explore simple techniques to help you feel calm, confident and ready to perform at your best.

RHETORIC & TOOLS

Pack more punch into your words. Learn a few rhetorical tricks—from the rule of one to anaphora and the power of persuasion—because brilliant ideas are only brilliant when you can make others act on them.

SESSION DATES

All sessions are delivered virtually from 12:30pm to 2:00pm.

- Friday 20th November 2026
- Friday 11th December 2026
- Friday 8th January 2027
- Friday 5th February 2027
- Friday 12th March 2027

Five sessions — One goal — your confidence!

Each session is practical, engaging and relevant to real-life situations.

- **Manage nerves**
- **Engage your audience**
- **Strengthen your delivery**
- **Communicate your message with confidence**

With unlimited access available, you and your colleagues can join as many Skills Shots sessions as you wish, making the most of this valuable member benefit.

BOOK YOUR PLACE
for this **free to attend** event

Email info@bdia.org.uk for more information