Karen O'Donnell

find your voice

# BROCHURE

# Leadership; Presentation & Communication Skills' Training

# Benefits

Advance your career Faster

Be seen as an Industry Expert

Increase your Confidence

Lead with Vision

Professional and practical presentation training delivered with passion and energy.

These workshops & 1:1 sessions, are specifically designed to help you and your team deal with day-to-day public speaking challenges.

These programs can help to overcome nerves, prepare brilliant speeches and deliver them in an engaging way.

Achieve a permanent shift in your communication and presentation skills.

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# Your Presenter

## Karen O'Donnell

Trainer Author Coach

Karen O'Donnell is a dynamic leader committed to empowering individuals and organizations to excel. As a TEDx Speaker, Corporate Trainer, Business Mentor, World-Class Speaker Coach, and Published Author, she delivers transformational results.

Her TEDx talks and training programs provide actionable strategies that drive growth and performance. As a Business Mentor, Karen offers strategic insights that help entrepreneurs and leaders achieve sustainable success.

In her role as a Speaker Coach, she prepares individuals to deliver impactful presentations that resonate deeply. Her published works offer practical wisdom for achieving personal and professional fulfilment.

Karen is dedicated to unlocking potential through effective communication, leadership, and innovation, enabling others to make meaningful impacts in their worlds.

- ***Distinguished Toastmaster – highest award in Toastmasters 2016***
- ***Professional Speaker Association – Member of the year (Ireland) 2018***
- ***Accredited World Class Speaker Coach 2018***
- ***Published Author & Amazon #1 Best Seller 'Discover your Inner GPS' 2019***
- ***TEDx Speaker 2022***

# Workshop Themes

**STAND OUT when you SPEAK UP**

Foundations to effective presentations
Techniques to speed up presentation writing
Gaining confidence

**Dynamic Delivery**

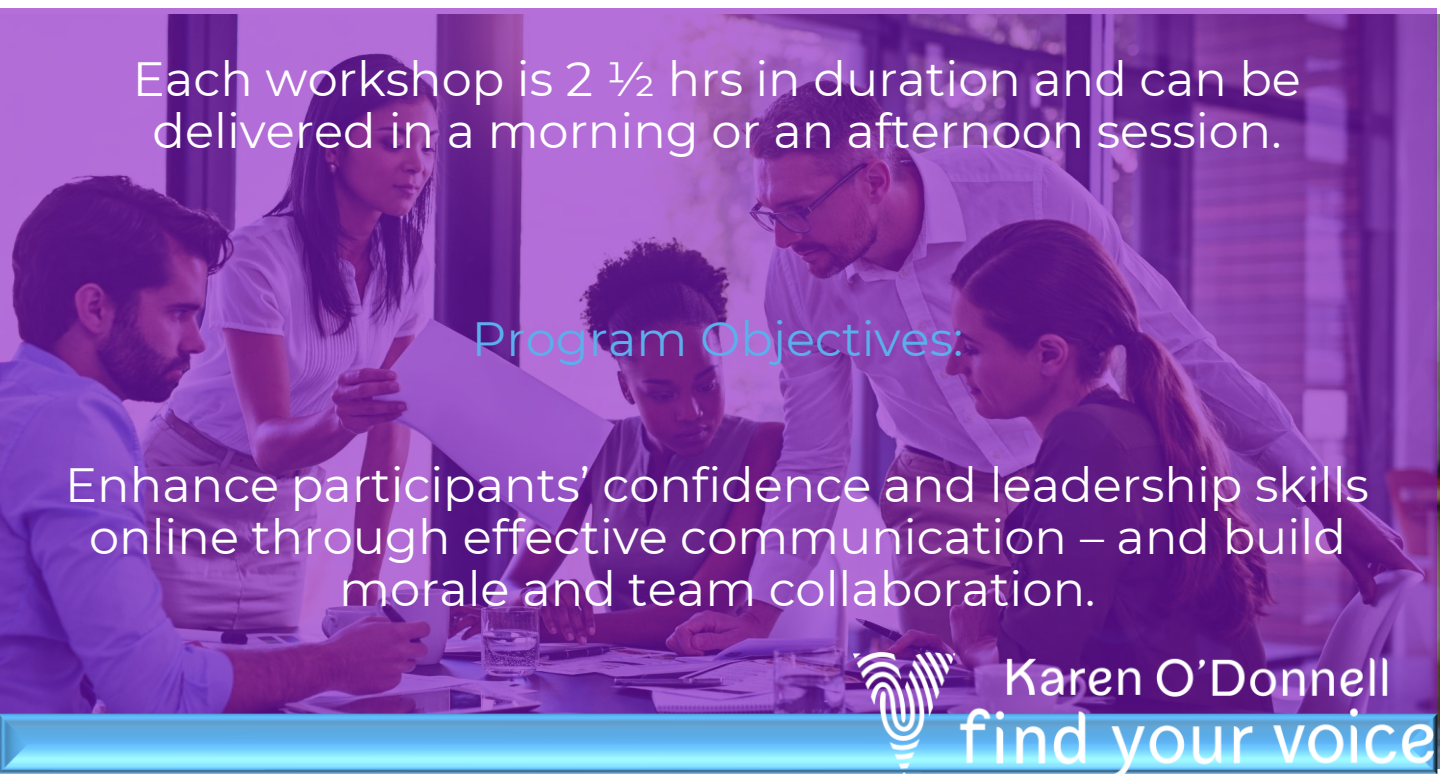
Body language, vocal delivery and confidence
How to be memorable
Connect content to audiences needs

**Courageous Conversations**

Authentic Communication
Building Team resilience
Enhance awareness and influence
Be more influential

**Mastering the pieces to Storytelling**

Develop strong messaging
Enhance your unique style
Make message memorable with business stories



Each workshop is 2 ½ hrs in duration and can be delivered in a morning or an afternoon session.

## Program Objectives:

Enhance participants' confidence and leadership skills online through effective communication – and build morale and team collaboration.

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# Programs

Dynamic
Delivery
& Courageous
Conversations

1 FULL Day

Virtually
Speaking
Executive
Program

All 4 workshops
On 4 x 1/2 days

Dynamic
Delivery
& Mastering
the Pieces to
Storytelling

1 FULL Day

Each workshop is 2 ½ hrs in duration and presented either in the morning or afternoon.

Achieve a permanent shift in your
communication
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# Key Features

**Information, Practice, Feedback and Support:** Support materials, practical objectives & feedback to enhance learnings.

**Learning Challenges:** Tailored challenges during workshops will ensure the participants integrate their learning which will enhance their online communication skills.

**Deep learning:** This program focuses on the qualities of an influential speaker, rather than a set of 'rules of communication'. Each participant is encouraged to develop their own style and create presentations that are engaging, unique and compelling.

# Anticipated Outcomes

Save time with proven & repeatable storytelling formula

Inform with confidence & clarity

Create captivating content

**Workshops**

Deliver your message with conviction

Apply delivery tools to grab audiences attention

Learn techniques for 1:1 conversations

# Workshops

**Before:** Each participant will be invited to complete a short questionnaire. This allows their individual needs to be addressed, even though it is a group session.

**During:** This program is highly interactive, fast-moving and will have each person in the group speaking up at various times throughout the session. While there is an overall atmosphere of fun there is also a serious amount of learning taking place.

**After:** As an on-going project of delivery, feedback received from each workshop will be fielded back to HR. Individual feedback from presenter, is also given privately to each participant

# Clients' Words

"We were looking for someone to help our software engineers (as well as managers and leaders) to flourish through improving their communications and presentation skills. Karen's credentials really stood out to us, and her engagement style made it straight-forward to tailor a package to suit our needs. Engineers, who typically stand back when it comes to a focus on soft skills, were queuing at the door for the opportunity of this professional engagement. And they weren't disappointed.

The feedback received is proving it was time well spent, with this response standing out to me, from an experienced yet quiet manager; **"I'd go as far to say it was one of the best sessions I have attended in my career**". We are delighted with progress and wouldn't hesitate in recommending for other organisations."

**Dean Caron** - Director of IT Delivery, Engineering Excellence (DevOps) at Unum

## Some Previous Clients:

INDAVER · A Class of Wine · netaffinity · RachelKane Your Lifehack for Business Solutions · Dublin 6 Translation Services · accenture · Event Junkies · unum Ireland · Google · Earthology · WP engine · Motherland · Amanda Delaney

# 3 Ways To assist you

- 1:1 personal leadership coaching
- 1:1 presentation skills
- Create your own Masterclass in 90 Days program
- Group workshops

For more details,
Email Karen
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Website:
**www.karenodonnell.ie**