

Sunjay Nath

ENGINEERING HUMAN PERFORMANCE

Sunjay Nath (MBA, CSP, HoF)



From the Platform

Deliver more powerful and “impactful” presentations!

Since Sunjay Nath achieved his Certified Speaking Professional designation in 1995 (at the time the youngest Canadian and third youngest in the world), he has spoken to over a million people around the world, students and professionals alike. In 2018, Sunjay was inducted in to the Canadian Professional Speakers’ Hall of Fame. The Commonality in his programs is inspiring his audiences to be successful through creating goals and understanding what behaviors to build on to enhance performance and achieve greater success.

Using the framework he promotes in his programs, Sunjay offers a Workshop series focused on helping attendees improve their speaking and presentation skills.



Workshop Details:

Sunjay’s **From the Platform** workshop focuses on four main components of effective presentations; basics, rules, content and application with an experiential approach. Participants will be given exercises to practice and enhance their presentations skills throughout the sessions.

The **basics** session will help participants overcome their fear of speaking in public, clarify their purpose of presenting, and determine their value proposition.

The **rules** session will include topics of breathing, body language, voice control, the ‘do’s and don’ts’ of public speaking, and the use of props.

The third session will cover tips to increase **content** retention including analogies, crossovers, structure, and slides and other media.

Finally, the last session will be about **application**. Participants will have an opportunity to apply course concepts by delivering a presentation that will be video recorded. At the conclusion of the course, participants will have gained the tools to deliver more powerful and impactful presentations, and will receive a copy of their presentation.