

NOREEN C. REILLY
OF
REILLY TRAINING RESOURCES, LLC
Presents
An Interactive Seminar Series

Communicating with Confidence
Tuesday, March 16th (6:00 p.m. – 9:00 p.m.)

Learn how to be more confident, prepared and relaxed. Discover the real message you are sending with your voice, body language, and word choice. Learn how to successfully communicate your thoughts and ideas with ease. Develop strategies to think on your feet, handle difficult questions, and plan for the unexpected. Participants are encouraged to bring real life situations and issues to the seminar.

Impromptu Speaking – Thinking on Your Feet
Tuesday, March 23rd (6:00 p.m. – 9:00 p.m.)

Gain experience handling unexpected speaking situations. Become more effective in meetings, one-on-one conversations, and fielding questions during a presentation. Participants will enjoy 1-2 minute impromptu speaking opportunities and receive positive feedback from the instructor. The seminar is designed to put you at ease, stretch your skill level, and help you gain more confidence. *(prizes will be awarded)*

More Impromptu Speaking – Thinking on Your Feet *
Tuesday, March 30th (6:00 p.m. – 9:00 p.m.)

This class will provide even *more* opportunities to think on your feet. The topics will be more diverse and range from 1-2 minutes. Positive, helpful feedback will be provided by the instructor and participants. Learn to be more confident and comfortable thinking on your feet!

** Please note: (No experience necessary. These are all stand alone sessions. If you didn't attend the Impromptu Speaking seminar offered on 3/23, we will do a quick review on the 3/30 to catch you up.)*

Location:

CCSU – ITBD Campus
185 Main Street
New Britain, CT

(free parking is available in the rear of the building – right after the front entrance of the building – go slow, it's easy to miss)

Fees:

Early bird rate: \$65 per session or \$165 for all three sessions
(please register 1 week in advance – 3/9, 3/16 & 3/23)

Regular rate: \$75 per session or \$195 for all three sessions

Advance registration is required. Register early - class size is limited. Please call Noreen at (860) 666-1295 or email at noreen@reillytraining.com for more information. (no walk-ins).

Bio

Noreen Reilly has been providing communication and presentation skills training and coaching since 1999. She has a Bachelor of Science Degree in Business Administration and has done extensive graduate work in counseling psychology. Noreen is on the board of directors for the National Speakers Association (NSA) – New England Chapter. She was the coordinator and facilitator for a 25 week Fast Track Speaker's Academy.