



# Speak with **CONFIDENCE** Online Interactive Workshop



## PROFESSIONAL DEVELOPMENT REQUEST

<b>Workshop</b>	Speak with Confidence	<b>Provider</b>	Speech NZ
<b>Format</b>	Live online   Small group	<b>Duration</b>	2 x 90-minute sessions
<b>Cost</b>	\$404.62	<b>Dates</b>	18 March and 25 March 2026

### Why This is Relevant to My Role?

In my role, I regularly:

- Contribute in meetings and discussions
- Present ideas or updates
- Communicate under pressure
- Represent the organisation professionally

Stronger vocal confidence and clarity would improve my effectiveness and contribution.

### Organisational Benefit

Attendance supports:

- Clearer, more confident meeting contribution
- Improved communication under pressure
- Stronger professional representation
- Greater clarity in internal and external messaging

This is a practical, immediately transferable skillset.

### What This Workshop Develops

- Managing nerves and speaking with composure
- Breath, posture and vocal clarity for confident delivery
- Structured communication using What, Why, Ask
- Tone, pause and emphasis for professional presence

Interactive practice ensures immediate application in workplace settings.

### Request

I am seeking approval to use professional development funding to attend this workshop to strengthen my communication capability and professional impact.

Approved  Not Approved

Manager: \_\_\_\_\_

Date: \_\_\_\_\_

Feb 2026 v1

