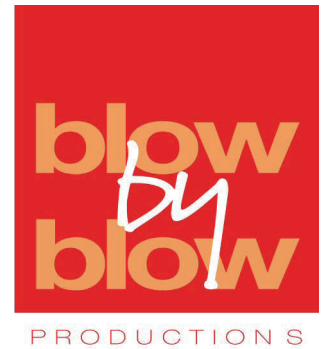


# Presentation and Media Skills Training

## HELPING YOU TO COMMUNICATE

*Be a better communicator - in conferences and meetings,  
in daily business life, and on Radio and TV!*



We provide a Blow-by-Blow guide to the art of **effective communications** that can help you and your organisation.

Producer and Cameraman **Andrew Blow** (ex-ITV) has teamed up with Broadcaster and Trainer **Grahame Lloyd** (BBC) to help you put more people in the picture — by making sure you are seen and heard clearly, succinctly and successfully. We offer three courses:



- **Presentation skills**
- **Handling the media**
- **Effective communications—  
combining both of the above**

**The courses enhance your general communication skills, develop your ability to make memorable presentations with confidence, and de-mystify working with the media.**

*“Changed our culture and approach towards the media”*

**East Lindsey District Council**

*“Organised, informative, professional and fun.”*

**Rockwool Firesafe Insulation**

*“All our trainees found the course intensive, enjoyable and beneficial to their media handling and presentation skills”*

**Food Standards Agency**

*“Excellent...the best training course this council has ever run”*

**Carmarthenshire County Council**

**Grahame Lloyd has been a freelance broadcaster, journalist and trainer for the last 30 years. Andrew Blow is a former ITV staffer now running his own production company.**

**Call Andrew on 01522-754901 or Grahame on 01522-542555**

