

Presenting with Impact

How to master the art of preparing and delivering powerful and inspiring presentations

A virtual two-day programme (4 hours per day) with three live presentations that are not recorded; personal coaching follows the final presentation only

Prepared by: Precept Management Consultancy and C. O'Neill Enterprises Ltd





Why this program?

- Impact comes from a clear message, purposeful delivery and audience connection
- A repeatable structure turns expertise into a compelling story
- Live practice and focused feedback make habits visible and improvement practical
- Three live presentations transfer learning to work



Learning outcomes

- Structure around the audience, purpose and one clear message
- Open strongly, develop logically and close memorably
- Use body language, voice and visual aids with intention
- Answer questions confidently and concisely
- Apply feedback to improve virtual and workplace presentations



Course Details

- Fees: 275 OMR + VAT (if applicable)
- Date: 8th – 9th June 2027
- Mode of Delivery: Live Virtual Course
- Time: 9:00 AM – 1:00 PM Oman Time (GMT+4)

Two days. Four hours each. Three live presentations.

DAY 1 • BUILD

Audience, purpose and one clear message

Open, develop and close with impact

Plan visual support from the start

PRESENTATION 1 • TALK ABOUT YOU

A short live baseline presentation

Trainer and peer feedback in the virtual room

REFLECT & FOCUS

Choose one improvement focus for the next round

DAY 1 • CONNECT

Posture, gesture, eye contact and movement

Voice, pace, pause, volume and emphasis

PRESENTATION 2 • A MEMORABLE EXPERIENCE

Use story, detail and emotion to connect

Present live, receive feedback and refine the focus

DAY 2 • PERFORM

Use visual aids and handle questions

Prepare a relevant workplace message

PRESENTATION 3 • WORK-RELATED SUBJECT

Live Q&A and personal coaching

Leave with an individual action plan

Day 1 – Build the message and find your voice

The Foundations of Impact

Audience, purpose and desired response

One clear message: what must they remember?

Confidence through preparation and rehearsal

Structure That Carries the Audience

A strong opening that earns attention

A logical body with signposting and evidence

Stories and examples that make ideas memorable

A concise close with a clear final message

Presentation 1 – Talk About You

Prepare and deliver a short introduction

Deliver live in the virtual room

Notice current strengths and habits

Feedback 1 – Establish the Baseline

Receive concise trainer and peer feedback

Identify two strengths and one priority

Choose a focused improvement target

Non-Verbal Communication

Posture, presence and purposeful eye contact

Natural gestures that reinforce meaning

Movement that supports rather than distracts

Using Your Voice

Breath and volume for confidence

Pace, pause and emphasis for meaning

Variety that sustains audience attention

Presentation 2 – A Memorable Experience

Present live, receive feedback and refine the focus

Day 2 – Make the message visible and perform with impact

Visual Aids That Serve the Message

Choose visuals for the audience and purpose

One clear idea at a time

Use images, words and data with restraint

Keep attention on the speaker, not the screen

Rehearse screen sharing and technology

Handling Questions with Confidence

Listen fully and clarify when needed

Answer in chat or aloud, briefly and honestly

Bridge back to the core message

Manage difficult or off-topic questions calmly

Prepare Presentation 3

Plan a relevant work-related subject

Presentation 3 – Work-Related Subject

Deliver a structured, audience-focused presentation

Use a purposeful visual aid

Respond to questions from the group

Complete the final live performance

Personal Coaching – Transfer Learning to Work

Review the final presentation one-on-one with the trainer

Compare progress across all three live presentations

Recognise the strongest improvement

Choose the next high-value skill to practise

Personal Action Plan

Set specific goals with the trainer

Define when and where each skill will be used

Identify practice opportunities at work

Commit to the first action after the programme

Three presentations make improvement visible

1 • Talk About You

A low-risk introduction to establish the baseline

Focus: clarity, confidence and audience connection

Delivered live with trainer and peer feedback

Choose one improvement focus

2 • A Memorable Experience

A story that brings an experience to life

Focus: structure, detail, voice and non-verbal impact

Delivered live with trainer and peer feedback

Progress reviewed and the focus refined

3 • A Work-Related Subject

A relevant message for a real workplace audience

Focus: structure, delivery, visual aids and Q&A

Live delivery and personal one-on-one coaching

Each Practice Cycle

Prepare → Present Live → Reflect → Feedback → Improve

Every round applies the learning immediately

Each focus is personal, specific and achievable

What Changes Across the Three Rounds

The challenge becomes more realistic

The presenter takes greater ownership

Feedback makes progress visible

The final plan transfers learning to work

Live practice and final coaching turn learning into progress

PRACTISE LIVE

Deliver each presentation in the virtual room
Apply techniques immediately as you present
Build confidence without recording

REFLECT

Start with self-observation
Identify what already works
Select the one behaviour with the greatest impact

LEARN FROM FEEDBACK

Receive concise trainer and peer feedback
Connect observations to structure and delivery skills
Rehearse a better option where useful

COACH — FINAL PRESENTATION ONLY

Receive focused one-on-one feedback from the trainer
Set clear goals for continued improvement
Finish with a practical workplace action plan

Small Cohort Advantage

Maximum number of participants: 10 people
Allows active participation and individual final coaching

Christina O'Neill: Trainer/Coach

Christina studied Marketing and received a Masters in Organizational Analysis and Behavior from Lancaster University in the UK.

Since 1996, she is a certified trainer by the Human Resource Development Association of Cyprus

A Senior Consultant specializing in learning and development of teams and individuals. Specifically she excels in training, facilitation, coaching and mentoring.

With a 28 year career she has delivered more than 2.500 workshops and trained people mainly in Cyprus, Greece, Kuwait, Abu Dhabi, Dubai and Oman. She trains people at all levels and departments from CEOs all the way down to the fingertips of an organization.

Christina has the ability to adapt to different work environments. At the age of 24 she began her Learning and Development experience in Cyprus and Oman and gradually she learned and adapted to the Arab culture, training a range of organisations from the banking sector, oil and gas, telecom, airlines, automotive industry, retail and financial services. She trained in environments with international cultures: European, Asian, Arab.

One of her biggest successes was for Kuwait Petroleum where she was one of the three trainers to be training Basic and Advanced Negotiation Skills for high level management

She is also a trainer for TACK-TMI, (<https://www.tacktmiglobal.com>) an international training consultancy firm and is currently involved in projects with international companies like: Unilever, Idiada-Applus and Eurofragance.





Christina O'Neill: Trainer/Coach

A small sample of her projects:

Hermes Airports (Larnaca and Paphos Airports) in Cyprus:

Developed the two internal trainers of Hermes Airports on delivering customer service experienced training programs and handling passenger complaints and dissatisfaction
Trained the entire customer service team on delivering exceptional customer service and handling customer complaints

Bank Muscat (Oman)

Trained the Branch Managers on Managing Customer experience
Trained front line employees on handling client complaints and customer centric behaviours

Alphamega Supermarkets:

Alphamega is the largest and most successful supermarket in Cyprus with 22 stores and another 3 on the way.

When there were only 3 supermarkets, in 2008, Christina was asked to take over the building of the customer service experience and complaint handling. She was part of the team that created the "Customer Experience Manager position" and empowered the Customer Service Departments across all of the supermarkets. Every year, she trains approximately 300 employees on "The Alphamega Customer Service Philosophy"

MSJ Pharmaceutical

MSJ is in the top 3 largest pharmaceutical companies in Cyprus. Since 2018 she supports the 4 founders in building strong leadership teams, medical reps and pharmaceutical reps. She is in charge of developing and training the front line in sales/advisory skills and the management, in leading the performance of their teams.

Zorbas Bakeries:

The most well known brand in Cyprus. Since 2023. Christina is one of the external trainers of this organisation, training supervisors,, floor managers and store managers to manage themselves and their teams. A different project will start within 2026 with the goal of putting the corporate values into practice, by establishing behaviours (do's and don't's)





Clients in Middle East and Cyprus:

Middle East

- Bank Dhofar
- Bank Muscat
- Kuwait Fund for Arab Economic Development
- Kuwait Petroleum
- Oman Air
- Oman Airports
- Tamkeen Bahrain

Cyprus

- 2Serve Passenger and Cargo Handling Agents
- A Jet Airlines
- BBF Construction
- Bean Bar Coffee
- Beauty Line
- Burgan Bank Kuwait
- Eurocypria Airlines
- Hermes Airports Cyprus
- MSJ Pharmaceutical
- Partners Communications
- Psaras Constructions
- The Cyprus Prison Department
- Toyota and Lexus Cyprus
- Unilever Thailand
- Volvo Cyprus
- Zorbas Bakeries
- Alphamega Supermarkets



About Us

Precept Management Consultancy is an Omani organisation which has been providing consultancy and development programmes throughout the region and further afield since 1995.

During this period Precept has worked with almost all of the major business entities and government ministries and institutions within Oman and consequently has earned a reputation for being a consistent provider of consultancy and training of the highest standard.

Our clients include:

- Alizz Bank
- BAE Systems
- Bank Muscat
- Boeing
- Central Bank of Oman
- Central Bank of Phillippines
- CySEC (Cyprus Securities and Exchange Commission)
- DP World
- Dubai Duty Free
- Dubai Holding
- Emaar
- Etihad Airways
- Facebook India
- FedEx
- Ferrari World Abu Dhabi
- Intercontinental Hotels
- Joramco
- Jumeirah Group
- Nawah Energy Corporation
- Occidental of Oman
- Oman Airports
- Oman Air
- Oman Housing Bank
- Oman LNG
- Petroleum Development Oman
- Qatar Foundation
- Riyadh Air
- Royal Court Affairs
- Saudi Aramco
- Shell Oman
- Walt Disney Company (India)