



"LEARN TO SPEAK
PUBLICLY AND
TRANSFORM
YOURSELF INTO A
MORE CONFIDENT
PERSON "

PUBLIC SPEAKING COURSE

For Beginners in UAE





Get trained to talk in meetings, interviews and presentations

ITS A STEP BY STEP PROCESS TO TRAIN YOUR BODY AND MIND TO START GETTING OUT OF THE FEAR OF JUDGEMENT AND FEAR OF TALKING TO AUDIENCE.



Key Features

LEARN TO GET RID OF
FEAR OF JUDGEMENT

LEARN TO GET RID OF
FEELING NERVOUS,
SHIVERING & RACING
HEART WHILE TALKING

LEARN TO CORRECT
BODY GESTURES &
POSTURES

LEARN TO MAKE YOUR
VOICE MORE POWERFUL

REMOVE SHYNESS AND
INFERIORITY COMPLEXES

LEARN TO KEEP YOUR
MIND CALM & AVOID
FORGETTING CONTENT

LEARN EXERCISES TO
DEVELOP CONFIDENCE



Training Process

- Learn mental & physical reasons behind fear of public speaking
- Discussions on methods to train your body & mind to get out of fears of speaking
- Practical exercises to develop confidence in the mind & body
- Practice sessions on voice training & gestures
- Breathing exercises to avoid getting nervous
- Start to talk in front of small groups when you feel ready and slowly build confidence.



As featured in

Our courses have been extensively covered and talked about in local and international media platforms due their unique training methodology & life changing impact on attendees.

Khaleej Times

London Daily Post

THE UAE DAILY

Outlook

Gulf Today

New York Weekly

**DIGITAL
JOURNAL**



America Daily Post

Key Takeaways

- Learn daily exercises to keep improving your speaking skills for the rest of life
- Network and train with others going through same issues
- Get a certificate in public speaking
- Get a safe environment to practice speaking
- Become more confident as person



PUBLIC SPEAKING
COURSE FOR BEGINNERS

“

*Everyone is noticing that I have really changed. I have started to talk a lot during meetings & presentations without feeling nervous or inferior .
Techniques taught during this course really worked for me.*

”



**100'S OF PEOPLE FROM
DIFFERNT NATIONALITIES HAVE
JOINED THIS COURSE SO FAR
IN UAE.**



**PUBLIC SPEAKING
COURSE FOR BEGINNERS**

Reviews



"This course really made me remove my fear of public speaking. I learnt to be very calm and relaxed while talking to audience"

"The best course in UAE for Public Speaking."

"I felt I completely renewed myself with this course. I am more confident, carefree, positive, happy and fearless."

"I have learnt to let go my inferiority complex. It has become very easy for me to talk in meetings and during interviews without getting nervous."

"It is highly recommended to anyone who wants to get out of fear of speaking publicly."

Syllabus

HOW TO REMOVE FEAR
OF PUBLIC SPEAKING

LEARN TO SPEAK IN
MEETINGS & INTERVIEWS

LEARN TO TALK TO
DIFFICULT PEOPLE

HOW TO HOLD EYE
CONTACT

LEARN TO DEBATE &
CONFRONT IF NEEDED

TRAIN YOUR BODY TO
FEEL CALM & RELAX

LEARN TO CORRECT
BODY GESTURES AND
POSTURES

LEARN TO FACE
CRITICISMS & BE
CAREFREE

LEARN TO INCREASE
YOUR CONFIDENCE &
BECOME MORE
IMPRESSIVE

LEARN TO REMOVE
RESTLESSNESS AND
BECOME FEARLESS

LEARN TO GET RID OF
FEAR OF JUDGEMENT

REWIRE YOUR MIND &
BECOME ENERGETIC

LEARN VOICE
MODULATION & VOICE
PITCHES

METHODS TO REMEMBER
YOUR CONTENT

LEARN TO BECOME MORE
STRONGER EMOTIONALLY
& MENTALLY

LEARN TO REMOVE
INFERIORITY COMPLEXES

HOW TO ANSWER
QUESTIONS IN MEETINGS

GROUP DISCUSSIONS &
FUN GAMES

TECHNICQUES TO
REMAIN CALM IN ALL
SITUATIONS

TECHNIQUES TO MANAGE
RACING HEART BEATS

MEDITATION, DEEP
BREATHING EXERCISES
& LOT MORE

PRACTICAL SESSIONS OF
SPEAKING TO AUDIENCE

Time to get rid of
inferiority complexes &
nervousness

Several practical
sessions to help you
practice public
speaking

Learn to feel
comfortable & confident
while talking to
superiors & others



**PUBLIC SPEAKING
COURSE FOR BEGINNERS**

Tanveer Ahmed enables People to Overcome Public Speaking Fear in Just 10 Days

Tanveer Ahmed emphasises the importance of training your body and mind separately with his unique approach to removing the fear of public speaking



1st March 2023, Dubai: Tanveer Ahmed, a

Home > Lifestyle

The Art of Expressing: Tanveer Ahmed's Program for Overcoming Public Speaking Fear

by Natalie Roberts — June 21, 2023 3 min read



My KT | Puzzles | UAE | Gold/Forex | Visa | Pray

Is public speaking fear affecting your career growth?



We reached out to a few specialists in the region who could educate our readers on the topic of public speaking fear. One of the specialists that stood out was [Tanveer Ahmed](#), founder of [Creative Bites Academy](#), based out of Dubai, who has been helping & training individuals in public

Take the first step to upgrade yourself. Your public speaking skills are directly connected to your professional & personal growth.



**PUBLIC SPEAKING
COURSE FOR BEGINNERS**

**THIS COURSE
TRANSFORMS YOU
INTO A MORE
CONFIDENT,
FEARLESS AND
CAREFREE
PERSON. YOU
LEARN TO SPEAK
DURING
MEETINGS,
PRESENTATIONS
AND INTERVIEWS
WITHOUT FEELING
NERVOUS .**



**LET PEOPLE SEE A
DIFFERENT SIDE OF YOU,
MORE CONFIDENT,
FEARLESS AND ENERGETIC
DURING MEETINGS.**

**LOTS OF FUN FILLED
GROUP EXERCISES TO
HELP YOU BECOME
MORE FEARLESS**

**HELPS YOU TO REDUCE
STRESS & MAKE YOUR
PERSONALITY MORE
CONFIDENT**

**LEARN IN A VERY
FRIENDLY AND FUN
FILLED ENVIRONMENT**



**PUBLIC SPEAKING
COURSE FOR BEGINNERS**

Message from the Coach

Tanveer Ahmed

"Fear of public speaking has been one of the biggest hurdle in your professional & personal growth. Its high time to change your life by getting out of this fear."



**CREATIVE BITES
ACADEMY**



Contact us

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