



Speaker and presenter

“People forget what you said, people forget what you did, but people never forget how you made them feel.” Maya Angelou

I love this quote because it chimes with my passion that healthy organisations are built on happy people, people who feel listened to and understood.

Think of speakers who made a positive impression on you. What were they saying? What were they doing? And most importantly, how did they make you feel?

It’s easy to feel overwhelmed at the thought of a big presentation, a difficult conversation or a high stakes meeting. But if we take a moment to remind ourselves of some simple techniques, we can shift to a positive mindset where we influence, create impact and leave a positive impression.

With over 20 years of experience as a communications skills speaker, and drawing on skills from my acting career, I help you learn by doing so you use all your skills, including your voice, your body language and your words to connect with your audience.

“Ben has significantly influenced my approach to both professional and personal environments. This has allowed me to evolve from maintaining transactional relationships to fostering deeper, more meaningful connections.” Lead Consultant, Hand and Millar LLP