

# Aims

This guidance aims to give you the tools you need to maximise your impact and reach when delivering talks. **Please note:** The guidance refers throughout to 'Sessions'. This includes talks, training and workshops. The guidance has been written for the benefit of anyone delivering sessions.

If you would like the Rebel Curriculum team to support you with optimising the content, structure and delivery of your sessions, please complete [this form](#) and we'll be in touch.

## To Print

- On a computer, you'll find an 'Export' option under the 'Actions' heading on the side of your screen.
- On a phone, tap Info (top left) and then under 'Actions' select 'Export'.

You can either export the chapter [General Guidance for Presenters](#) or individual pages of the guidance to a PDF, which is the best format to print in.

The guidance has been divided into sections. Feel free to study it all or dip in for a refresh on any aspect.

If you have questions, comments or feedback, please email

[pathways+rc@extinctionrebellion.uk](mailto:pathways+rc@extinctionrebellion.uk).

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