

## Perform Beyond your Expectations

Liberate the confident communicator within you



*“Communication works for those who work at it.”*

**John Powell**

*“Good communication is as stimulating as black coffee, and just as hard to sleep after.”*

**Anne Morrow Lindbergh**

### Master your communication challenges!

Maybe you are already more than aware that effective communication is the key to success. Perhaps you also know that you cannot NOT communicate and that first impressions are extremely important. But think of the impression you could make if you harnessed your personal skills to work to the maximum for you - not just at that vital first meeting but throughout your daily professional life in the work place and elsewhere. During this workshop you will explore and develop your awareness of your own present style and personal impact, learn how to recognise your strengths and even discover talents that you never knew you possessed!

### Training especially designed for:

- Anyone who would like to optimise their personal impact and make a good impression.
- Guide group size and programme length: perfect for groups of 6 or more in 1 day.

### Learning objectives:

- Carry out an “Attitude Check”: improve your knowledge of the physical and the emotional you.
- Explore vocal colour, placement and production: you are your own transmitter!
- Develop the 5C’s of “Communicator-Ability”: optimise verbal and non-verbal communication patterns
- Discover how relaxation builds confidence, how sensitive listening impacts rapport and work towards a commanding physical presence.

### Try - Test - Adapt - Apply!

- Run the preparation check-list and eliminate performance blockers.
- Take part in practical exercises and simulate a real-life scenario of making a good impression.
- Analyse your style by seeing yourself in action on video.
- Receive feedback from the group and your coach, compare your self-perception to that of others.
- Apply useful tools out of the training box.
- Track your progress using the “Learning Log” and adapt to optimise individual performance.

### A participant’s perspective:

*“I got a lot of really helpful hints and I know I will be able to use them.”*