

## Speaking with Impact

**This course is experiential and physical. We use practical exercises and give plenty of individual feedback. We look at how you use your body, breath and voice to improve your impact when presenting. Our approach is broad and pragmatic. We examine the many ways you can present in the workplace, be it around a meeting table or to stakeholders or at conference. Whilst allowing you to practice presenting, importantly the course gives you tools to help you manage your nerves, your pace, your projection and your expression. It also addresses the vocabulary you use, your intentions, the clarity of your message and how you relate to your audience. Essentially, we show you how to skill yourself to maximise personal impact and to become an effective communicator.**

### Part 1

We examine, through small group discussion, vocal and physiological issues that arise for all participants when communicating up and down the organisation. We then begin to reveal how they might address these issues individually, through a series of physical and vocal exercises designed to enhance technical voice production for presenting and performance. By examining the value of being mentally attuned to our physical state we learn how manage our responses and gain confidence. Exercises that illustrate the importance of posture for making an impact and freeing the breath further develop this.

### Part 2

This will look more at vocal delivery and the language of positive communication. Working in pairs and groups we will explore the issues that surround taking the spotlight and being centre of attention. There are exercises that develop confidence and gravitas. We also examine different modes of communicating effectively. The course will be physical, practical and inclusive. Benefits of the training include:

- Increase of confidence and authority
- Improved delivery
- More credibility
- An ability to manage nerves
- Greater gravitas and presence
- More expressive speech