

1. VOCAL EMPOWERMENT –

through improved breathing, speaking and projection

Be empowered to use your voice and your body in a confident and capable way - because clear communication is so important. We often use unknown and debilitating established patterns. But we are also able to change these patterns of speaking, thinking, moving the muscles and performing. Therefore we will focus on the following topics:

CONTENT

Initial presentation to introduce the six core competencies for the skilled and targeted use of the voice, including:

- Controlling ways of breathing to protect and support the voice.
- Maintaining the listeners attention over an extended period of time.
- Acoustic style variations for example from invigorating to calming to precise to emotional.
- Guidelines for optimal coherency online.

2. PRESENTATION TRAINING –

through improved breathing, presentation and projection

AIMS

- Refined speaking skills for clarity, coherence and efficiency speech.
- Using the voice, breathing and the body posture in a healthy and conscious way.
- Increased variety and flexibility in voice, tone and presentation.
- Knowledge of the interrelation between posture, breathing, mood and external influences.
- An awareness of temperament, mentality and personality affect speech.
- Solutions for managing the impact of stress on the body, mind and voice.
- Allowness to be straight, clear and great in front of other people

3. THE HARMONISATION OF SELF-AWARENESS AND THE AWARENESS OF OTHERS

Bringing self-awareness and the perception of others in harmony – that's the challenge. Self-reflection, self-awareness and self-value are all skills that can be trained:

- self-determination through audible and visible impact: presence through posture, voice and speech.
- Self-support through positive thoughts, emotions and actions.
- The estimation of myself and others.
- exercises for centralization and radiance.
- self-determination: when is it necessary to be extraverted or introverted?

The aim is having the confidence to know who you are and being confident because you know who you are.

TELL ME ABOUT A SPECIFIC GOAL THAT YOU HAVE THAT RELATES TO YOUR SPECIFIC AUDIENCE – AND I WILL FOCUS ON IT.

