

Successful public speaking

Description

Public Speaking is an exercise that requires courage and preparation! The apprehension of this art exists within the population, whatever the social background or the age.

Some people are comfortable, but sometimes miss a touch of punch that would make their words spicier and therefore, more impactful or memorable! In either case, speaking in public requires special learning. During this course, participants work on postures, voice, the text in line with your personality and your rhythm, to allow you to fully express your potential.

Course Content

- **Training's presentation**
 - Presentations
 - Motivations & objectives
 - Work environment & group agreement
- **Presence and Posture**
 - "To be or not to be, that is the question"
 - Know, live and use your body
 - Be serious ? take yourself seriously
- **Emotions**
 - Quick theoretical introduction
 - Emotional skills: stage fright, shame, whites, etc.
 - How to move forward with your own specificities
- **Content**
 - Message
 - Clarity
 - Tips and tricks
- **Foster autonomy**
 - "All-in-one" oral presentations
 - Creating your own user manual
 - Summary and key points to take with you

Documentation

- Digital courseware included

Participant profiles

- Anyone wishing to improve their speaking in front of an audience, or for a prepared or improvised interview, meetings...

Prerequisites

- No prerequisites

Objectives

- Embody your posture, your breathing, your voice and your look

- Clarify intent and message
- Use the unexpected as a lever
- Welcome your stage fright

Niveau

Fondamental

Classroom Registration Price (CHF)

1300

Virtual Classroom Registration Price (CHF)

1300

Duration (in Days)

2

Reference

COM-PUBL