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# Master your voice to be more convincing

## Description

The voice is a powerful communication tool. If your voice changes, is monotonous, if your tone does not support your speech, these are as many barriers as you build between yourself and others. By working your voice, you will be more convincing, more authentic and better able to defend your opinions.

## Reference

COM-VOIX

## Course Content

### Communicate

- Basic communication scheme and rules
- The determining factors of communication

### Discover and tame your voice

- Find out how his voice works
- Identify voice parameters
- Identify the characteristics of the voice
- Analyze your zones of effort and comfort
- Taming your voice, your voice print

### Become aware of your breathing and its resonances

- Releasing tensions
- Abdominal and rib breaths
- Adopt a natural and comfortable posture
- Prepare for an oral intervention

### Taming stage fright

- Define and understand stage fright
- Mastering stage fright: basic rules and techniques
- Identify binding and positive messages
- Use visualization to reduce stage fright
- Relax and get your energy back
- Practice anchoring

### Acquire the vocal techniques that make a good speaker

- Discover the breadth of his voice
- Enhance your stamp
- Project your voice
- Refine your diction
- Dynamically engage in a sentence

## Playing with his voice

- Express yourself fully through your voice
- Develop your expressiveness
- Know how to modulate your voice
- Measure the impact of speaking

## Synchronize voice with eyes and gestures

- Synchronize non-verbal communication with your voice
- Respect his temperament
- Work on your "coming on stage"

## Lab / Exercises

- Video recording: scenarios during a meeting speech

## Documentation

- Digital courseware included

## Participant profiles

- All people wishing to develop the impact of their speaking

## Prerequisites

- No prerequisites

## Objectives

- Work on your voice to be more convincing
- Prepare for an oral intervention
- Express yourself fully through your voice
- Use visualization to reduce stage fright
- Synchronize non-verbal communication with your voice

## Niveau

Fondamental

## Classroom Registration Price (CHF)

800

## Virtual Classroom Registration Price (CHF)

800

## Duration (in Days)

1