

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.

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)

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Reference

COM-VOIX