

Confident Speaking

Clear | Confident | Courageous

Description

This highly interactive, 3-hour workshop is dedicated to examining communication strengths and elevating personal awareness and impact. You will learn to leverage your words, so they have command and understand how body language impacts your message. Through video clips, inspiring stories, and trying things out, you will walk away with strategies and a plan to be **CLEAR, CONFIDENT, AND COURAGEOUS** in your communication.

Number of Participants

Optimal group size:
20 participants (*can go up to 30 and as low as 10*)

Learning

- Learn the three essentials of Confident Speaking
- Hear advice from successful executives featured in a series of video clips
- Learn how “talk traps” undermine conversations
- Understand how vocal power projects authority

TL

- Practice delivering a confident introduction
- Identify common “talk traps” and practice managing the conversation more concisely and confidently
- Develop a well-organized, systematic message for speaking up in meetings and making requests
- Practice increasing your impact through direct language
- Project personal confidence and credibility through effective nonverbal language
- Use the PREP Model to respond to questions and assert your opinion
- Evaluate individual strengths and areas for improvement
- Develop and own your career by stretching and connecting