

Communication & Public Speaking

The ability to communicate and dialogue effectively is a core requirement of professional manager-negotiator-leaders.

What You Learn Specifically

- Smoothly communicate in formal and informal environments
- Read efficiently and communicate effectively
- Improve public speaking skills
- Train to take the floor effectively in all kinds of situations and negotiations
- Communicate more efficiently in daily work environments (orally, formally and informally)
- Choose appropriate structure and media
- Become a better speaker (and a better listener!)
- Recognize, compare and select various styles, behaviours and techniques
- Unlock untapped personal resources (mental and physical) at all stages
- Defeat meeting fatigue (and fear)
- Adapt to multicultural and multilingual environments

What You Learn Overall

- ✓ Take stock of current talents, behaviours and skills to improve your desired impact
- ✓ Create a “Meeting Toolbox” and easy-to-use techniques which improve oral and written performance self-confidence, remove communication barriers and reduce stress
- ✓ Nurture the right meeting and presentation mind-sets
- ✓ Unlock intellectual and physical resources to make a difference
- ✓ Better understand and be better understood to better convince and influence
- ✓ Face unexpected situations and questions with ease
- ✓ Experience group synergies and the combining of individual inputs

Duration 1-3 days

