

CONFIDENT COMMUNICATION

1/2 DAY PROGRAM

OVERVIEW

Speaking up at work can be challenging for many people. And yet, organisations rely on hearing the thoughts and opinions of skilled employees for informed decision making and to drive innovation, problem solving and creativity.

This workshop helps participants gain control of their emotions in order to be able to communicate confidently in challenging situations. It gives strategies to overcome nerves and manage fear and pressure, whether it be to deliver a presentation, participate in a meeting or answer questions in a public setting.

OBJECTIVES

- Tackle beliefs and fears that can undermine success
- Learn strategies to overcome nerves
- Prepare for meetings, group sessions and presentations
- Practice ways to assert your thoughts, ideas and opinions
- Learn ways to speak up if you disagree and phrase your responses
- Use your voice and body to gain and project confidence

TO BOOK THIS PROGRAM OR DESIGN YOUR OWN...

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