

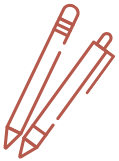
PUBLIC SPEAKING TRAINING

Gain in ease and agility in all your speaking opportunities



Use theatre and improvisation techniques
to engage your audience

You are expected to speak in front of a variety of audiences, but...



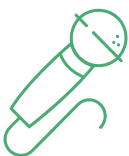
You don't know how to prepare your speaking opportunity so that it sounds like you



You sometimes lose the flow of your story, you get lost, you can't get rid of your powerpoint, you are too long or too short



Your speeches do not generate questions, you are not sure that your objectives have been conveyed to your audience



You wish to work on verbal communication techniques

Skills' coaches will teach you the keys to acting and improvisation to ensure your intervention: stress management, voice management, understanding mistakes, storytelling. They will also advise you on the content and form of your verbal intervention.

PUBLIC SPEAKING TRAINING

To give you the ease and agility that will allow you to touch your audience, to ensure the impact of your speech and to leave a memorable trace, each session will be divided into three parts:

➤ You, your audience

All the keys to a good preparation to avoid surprises.

- Analysis of the situation
- Initial feedback and self-analysis of strengths and weaknesses
- Development of personal anecdotes
- Posture: breathing, diction, anchoring, look, body language



➤ The substance and form of your speech

Learning to analyse the objectives of your speech and its flaws, to embody it to illustrate it in order to bring it to life.

- Learning to accept mistakes
- Improvisations based on pillar ideas
- Understanding the structure of a story
- Mastering fluidity and authenticity
- Working on silences and time
- Preparing the key components of your message
- Knowing how to prepare and place illustrations

➤ Applied improvisation techniques

Through workshops and video exercises, you will learn how to make yourself available by applying theatre techniques.

- Learning the basics of actors' improvisation
- How to disconnect to make yourself available
- Exercising improvised monologues
- Construction and creation of improvised stories
- Reading out loud
- Concentration and active listening methods



Clémence has been an actress for 20 years and a trainer in corporate speaking, and since 2014 she has been using the tools of theatre and improvisation applied in her training courses. She is a specialist in public speaking, group cohesion, managing difficult situations, verbal and non-verbal communication.