

## Master your voice: assert yourself and gain presence



EP-68 2 Days (14 Hours)

### Description

Speech is an essential communication tool, it incites action. Properly assured, it mobilizes energies, promotes listening and support. This course will teach you to work on your voice, to develop your expression to assert your posture and gain ease and strength of conviction.

### Who is this training for ?

#### For whom

Managers wishing to strengthen their oral leadership.

#### Prerequisites

- No special knowledge.

### Training objectives

- Speak effectively
- Communicate a positive image
- Share your beliefs
- Project and modulate your voice
- Develop your emotional expression

### Training program

#### Prendre la parole avec efficacité

- Adopt an open posture.
- Strengthen your support, anchor yourself.
- Project your voice to assert yourself.
- Arouse 'listen.
- Free your gestures.
- Move freely in space.
- Use the techniques of great speakers.

#### Renforcer sa communication orale

- Understand what is at stake in oral communication: information, relationships.
- Optimize your non-verbal and para-verbal communication: posture, voice, gestures, space.
- Develop active listening.
- Adapt the tone of your speech to your audience.
- Collect feedback and take it into account.
- Develop its attractiveness to encourage membership.

### Rendre son discours vivant et convaincant

- Play on mobilizing intentions.
- Convince to motivate action.
- Be authentic, open to improve your performance.
- Dramatize to captivate your audience.
- Transmit your enthusiasm.
- Master the entirety of your intervention.

### Développer son leadership

- Recognize, accept and channel your emotions.
- Self-observe and relax.
- Use your voice to release your emotions.
- Find your emotional stability.
- Identify and counter stressful situations.
- Show your involvement.

### Améliorer ses performances

- Highlight your strengths. Dare to surpass yourself.
- Destabilize your beliefs to adopt more helpful behaviors.
- Develop your own strategies for success.