

Develop your oral presence and gain leadership



ML-56 2 Days (14 Hours)



Description

Speech is an essential communication tool, it incites action. Properly assured, it mobilizes energies, promotes listening and support. This training 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

Aucune

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.
- Exercise: Postural, vocal and behavioral training.
- Listening and analyzing the voices 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 your attractiveness to encourage support.
- Role play Mime a text then say it.
- Collect feedback.
- Create a character.

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.
- Scenario Individual coaching on "the 'entering the stage", games on mobilizing intentions.

Développer son leadership

- Communicate a positive image.
- Establish a climate of trust by using your voice.
- Share your convictions.
- Identify your style.
- Transmit your vision clearly.
- Keep your goal in perspective.
- Role play Interpret a scene.
- Three minutes to convince.

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Développer son expression émotionnelle

- 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.
- Exercise: Test on little voices , binding messages.
- Breathing, relaxation, visualization.

Améliorer ses performances

- Highlight your strengths.
- Dare to surpass yourself.
- Destabilize your beliefs to adopt more helpful behaviors.
- Develop your own strategies success.
- Role playing Change point of view.
- Define your resources and paths for progression.