

Develop your charisma and self-confidence, theater workshop



DP-50 2 Days (14 Hours)

Description

This theater workshop will allow you to develop, thanks to acting techniques, your self-confidence, your verbal and physical ease in professional situations such as conducting an interview or meeting, an oral presentation internally or externally, and improve your daily relationships.

Who is this training for ?

For whom

Anyone wishing to develop their posture and oral impact.

Prerequisites

Aucune

Training objectives

- Work on your body anchoring and your breathingDevelop your strength of conviction orallyExpress yourself with fluidity and know how to listen in the exchangeHarmonize your verbal communication and your gestures.
- Overcome your stage fright and better manage your emotions

Training program

Développer sa présence et son charisme

- Breathe effectively.
- Develop your body awareness.
- Acquire a good grounding.
- Present yourself positively.
- Exercise: Technical exercises on breathing, grounding, posture, gaze.
- Self presentation.

Etre convaincant et savoir se faire entendre

- Speak with authority and commitment.
- Identify and convey a key message.
- Develop your strength of conviction.
- Master the basic rules of rhetoric: have an objective, adapt to the audience, structure your speech.
- Exercise: Defend a point of view.
- Three minutes to convince.
- Tell a fable in your own words.

Développer sa fluidité verbale

- Master the mechanisms of eloquence to express oneself freely.
- Develop your sense of improvisation and creativity.
- Be attentive to improve your response.
- Know how to generate interactions with your interlocutors.
- Exercise: Theatrical improvisation exercises.
- Training on the basic rules eloquence.

Gagner en confiance en soi et en aisance

- Identify your personal qualities.
- Adopt an effective relational posture.
- Know how to synchronize with others.
- Dare to share your opinion.
- Exercise: Exercise: "mirror".
- Life positions.

Développer son aisance corporelle

- Acquire better bodily expression.
- Develop your non-verbal communication.
- Harmonize your verbal communication and gestures.
- Dare to be creative and accept being looked at.
- Exercise: Statue game or "image theater": work on creativity in a group.
- Energizing exercises and bodily expression.

Savoir gérer son trac

- Control your breathing to better manage your emotions.
- Overcome your stage fright through positive visualization.
- Use your gaze and interaction distance to find your comfort zone.
- Focus your attention on your message and your interlocutors.
- Scenario Speaking exercises in front of the group on a chosen theme.

Etablir un bilan individuel

- Understand your communication preferences.
- Integrate the way you are perceived by others.
- Define your strengths and areas for improvement.
- Exchanges Develop individual progress objectives.