

Promote your image and your voice



EP-55 2 Days (14 Hours)

Description

You represent your organization externally. You have to take your place in front of your teams, your commercial or social partners in negotiations, or even, you have a welcoming mission. You have just taken on new responsibilities. However, you feel untrustworthy, you feel that you have to match your appearance and your expression to your responsibilities.

Who is this training for ?

For whom

Anyone who has to represent their company optimally. Anyone recently promoted wishing to develop their assertion.

Prerequisites

Aucune

Training objectives

- Match your image, your speech, your gestures
- Acquire more ease to best represent your company
- Develop your presence and authenticity with your various contacts

Training program

Check-up de son image

- Match your image and your role in the company What image do I give? Identify your image strengths (the one you perceive, the one that is perceived).
- Define your desire for 'image'.
- Identify the perceptions associated with the position and the company.

Harmoniser image, souhaits et fonction

- List the avenues to harmonize this image.
- Select the avenues that are in line with you, your company and your function.
- Test the small changes that make the difference.

Comprendre et repérer les codes images

- Identify valued images.
- Understand the codes.
- Identify associations linked to colors.

La voix : comment ça marche ?

- Assert yourself through your speech Know how to breathe to better understand your expressive situations and to be calm in your diction.
- Learn to use your voice.

Repérer les caractéristiques de sa voix

- Become aware of your voice.
- Identify your strengths and personal avenues for progress.

Optimiser sa diction

- Assert your intentions clearly and skillfully in your expression.
- Really know how to punctuate, serving meaning but also impact.
- Adopt a respectful tone and courteous.
- Erase from your diction all the fashion effects, the accents...