

# Speaking in Public

-Référence: **IE-32**

-Durée: **2 Jours (14 Heures)**

## Les objectifs de la formation

## A qui s'adresse cette formation ?

**POUR QUI :**

## Programme

- **Communication Fundamentals**

- Effective and valuable communication techniques, including aspects of NLP principles.
- How others perceive you? Self-analysis of strengths and areas for development.
- The Art of Negotiation and aiming for a Win-Win situation every time.

- **Verbal and Non-verbal Communication**

- ? Self-control
- Being assertive.
- Managing "stage fright" and nerves.
- Relaxation techniques.
- All-important Checklist.
- ? Body Language
- Your Body Speaks.
- The importance of congruence.
- Non-verbal communication: controlling gestures and movement.
- ? Your Voice
- Effective breathing techniques.
- How to enhance voice quality, tone and projection.
- How to improve diction and voice articulation.

## Programme

- **Addressing your Audience**

- ? The Speaker
- Empathy.
- Different formats and presentation styles for different occasions.
- The importance of structure.
- Showing leadership qualities.
- Effective use of visual aids.
- ? Know your Audience
- The importance of Active Listening.
- Awareness of various audience strategies.
- Group behaviour analysis.



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Nous sommes à votre disposition :  
De Lun - Ven 09h00-18h00 et Sam 09H00 – 13H00

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