

PUBLIC SPEAKING

Duration: 2 days (14h)

Dates: in-house and customized available
within two months

Price general public: EUR 1.360/pers. (no VAT)

Price in-house: on demand (4-12 pers.)

OVERVIEW

The ability to communicate effectively is essential for mobilizing teams, convincing partners, and championing projects.

This training aims to strengthen the public speaking skills of leaders and organisers by providing them with all the tools they need to express themselves with confidence, clarity, and conviction.

Using proven techniques for stress management, speech structuring, and audience interaction, participants will learn to master the art of impactful and effective communication.

LEARNING OBJECTIVES

- Analyze the context and challenges ahead
- Define your communication objectives
- Construct and structure an impactful speech to captivate your audience
- Master verbal and non-verbal techniques to express yourself clearly and easily
- Build your self-confidence
- Master your stage fright

AUDIENCE & PRE-REQUISITES

- No pre-conditions
- All audiences



PUBLIC SPEAKING

PROGRAMME

- Introduction to public speaking: Understanding the challenges of public speaking
- Adapting your message to the audience: Assessing the diversity of our audience and adjusting your speech based on expectations and context
- Structuring your speech: Using a three-step method and creating a captivating story
- Techniques for engaging your audience: Emotional connection, anecdotes, open-ended questions, visual aids
- Diction techniques: Working on your voice, tone, and articulation for clear and dynamic expression
- Practical exercises: Breathing, visualization, and relaxation for better emotional management

METHODS & EVALUATION

Rich and flexible training design: theoretical input, discussions, reflection and sharing of experience, role-plays and simulations, practical exercises.

Evaluation of training impact:

- Short-term impact: at the end of the training
- Long-term impact: 3 months after the training upon client request

Evaluation of acquired knowledge:

- Self-evaluation with a skills inventory
- Questionnaire at the end of the training

Certificate: EUROBOGEN certificate of participation

OTHER RELATED TRAINING

- Conflict management and mediation
- Becoming a mediator
- Preparing the interview for internal mobility

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