

Using techniques from the stage and the business world, this workshop will focus on building confidence in the way participants present themselves – with a particular emphasis on vocal, physical and mental preparation, self-belief, creating a believable ‘character’ and generally working on the participants’ body language. This workshop is ideal for those wishing to present themselves more confidently at interview, speaking in team meetings or giving formal presentations, and can be delivered on a one-to-one or small group basis.

Methodology:

Using techniques and skills used by actors in preparation for developing their character and performing on stage, participants will:

1. Learn how they can control the energy that is created when they enter a room/walk onto a platform, etc, and therefore the impact they can have on their “audience”.
2. Identify the “interference” that stands in the way of their potential to perform at their best. Reference will be made to the model, “**Potential** minus **Interference** is equal to **Performance**”, as developed by Myles Downey (Effective Coaching) based on the work of Timothy Gallwey (The Inner Game).
3. Challenge themselves to answer four key question:
 - Who do you want to be? (ie: how do you want your “audience” to perceive you when they meet you?)
 - What impact do you want to have?
 - What lasting impression do you want to leave with your audience?
 - How “believable” do you want to be?
4. Practise warm-up exercises and breathing techniques to release tension, increase their own energy levels and avoid running out of breath in mid-sentence!
5. Learn about their vocal chords – how to look after them, how they are affected by tiredness, nervousness, stress, posture and how to project their voice without straining their voice; the difference between voice ‘pitch’ and voice ‘tone’.
6. Learn how to develop “anchors” using props/objects, and how to step into the “character” they want to portray (visualisation techniques).
7. Learn how to “work the room” and confidently move from giving a presentation into holding a “question & answer” session.

8. Have the opportunity to practise their presentations or a chosen piece of practise dialogue with support from the Facilitator.
9. Have the opportunity to present themselves to other participants/facilitators during the day and to receive a personal constructive critique on their performance.

Timings & format:

Exact timings and format will be discussed and agreed with individual clients, and will vary according to the numbers attending the workshop and the identified needs of the participants, but it is advisable to allow up to 3 hours to cover items 1 – 8. Further time can then be allocated for participants to present themselves to the whole group and receive feedback.

Workshop venues will vary depending on the client's requirements; plans are in progress to offer "open" workshops at venues based in Perthshire, Scotland.... Please contact me for further details!