Communication Skills

IMPROVING BASIC COMMUNICATION SKILLS

- Adapting to your audience
- Sharing information clearly and structured
- Practicing good communication habits

COMMUNICATING CLEARLY & CONCISELY

- Eliminating ambiguity
- Prioritizing key messages
- Editing for impact

IMPROVING ACTIVE LISTENING SKILLS

- Asking powerful questions
- Demonstrating attentiveness
- Reflecting and paraphrasing

DELIVERING A POWERFUL MESSAGE

- Tailoring to the audience
- Structuring for retention
- Ensuring follow-through

Public Speaking

LEARNING PUBLIC SPEAKING SKILLS

- Knowing your audience and tailoring your message
- Structuring your speech clearly
- Practicing delivery (pace, tone, and body language)

USING STORYTELLING IN PRESENTATIONS

- Crafting impactful narratives and stories
- Delivering stories and engaging with the audience
- Applying storytelling techniques to improve engagement

STRUCTURING ENGAGING SPEECHES

- Starting with a strong hook
- Using stories, emotion, and clear takeaways to connect
- Ending with a memorable call to action or thought

SPEAKING AT EASE IN FRONT OF AN AUDIENCE

- Learning how to stay calm and centered
- Practicing and building confidence
- Engaging naturally with your audience

Presentation Skills

LEARNING EFFECTIVE PRESENTATION SKILLS

- Being aware and using your non-verbal communication skills
- Using your voice to hold attention
- Mastering your body language and presence

HANDLING AUDIENCE

- Engaging your audience efficiently
- Managing hostile or sceptical audiences
- Handling difficult questions and conversations
- Adapting a presentation to a multi-cultural audience

CRAFTING AN IMPACTFUL PRESENTATION

- Managing time and transition smoothly
- Delivering concise content
- Designing an audience-based presentation

DELIVERING WITH EASE AND CONFIDENCE

- Tools to stay calm under pressure
- Speaking clearly and steadily
- Connecting authentically with your audience

USING POWERFUL PRESENTATION TOOLS

- Crafting visuals that focus attention
- Using slides to reinforce key messages
- Animating elements to guide the eye

Feedback Skills

MASTERING THE ART OF FEEDBACK

- Using feedback to strengthen the team cohesion
- Giving feedback constructively
- Receiving feedback efficiently

SHARING EMOTIONAL FEEDBACK

- Understanding the impact of emotional feedback at work
- Delivering emotional feedback respectfully
- Processing emotional feedback

UNDERSTANDING AND USING CROSS CULTURAL FEEDBACK

- Adapting feedback to cultural norms
- Listening actively to understand context
- Delivering input with cultural sensitivity

Team Interactions

IMPROVING THE TEAM COMMUNICATION

- Appreciating the different profiles
- Sharing information effectively
- Implementing good practices

UNDERSTANDING CROSS-CULTURAL COMMUNICATION

- Adapting communication styles to cultural contexts
- Listening with cultural curiosity and openness
- Avoiding assumptions and clarifying meaning

FACILITATING MEETINGS

- Designing and guiding productive meetings and workshop
- Encouraging participation and managing group dynamics
- Creating psychological safety

FOSTERING GROUP ENGAGEMENT AND PARTICIPATION

- Encouraging participation from all members
- Facilitating inclusive and respectful dialogue
- Maintaining energy and focus through interaction

Influencing Skills

INFLUENCING WITH IMPACT

- Unlocking the power of influencing
- Exploring the main influencing techniques
- Mastering the skills needed to influence and inspire others

MASTERING CHARISMA IN ANY SETTING

- Connecting authentically with others
- Radiating confidence and warmth
- Inspiring attention through presence

CREATING YOUR PERSONAL BRANDING

- Defining your unique value proposition
- Building the right reputation
- Networking and visibility strategies