



Powerful Presence

Details

Duration: 1 Day

Region & Dates

Dublin: Apr 22, 2020
Dublin: June 23, 2020
Dublin: Oct 20, 2020

Time:
9.30 am– 5.00 pm

Venue:
Ibec
84-86 Lower Baggot Street
Dublin 2

Cost:
Ibec member: €385
Non-member rate: €425

Programme Overview:

The Powerful Presence programme is designed to enable participants to tap into their innate ability to harness the full potential power of their presence, both verbal and non-verbal. In doing so, you will maximise your personal impact and the effectiveness of your communication. A high performance team is always the result of inspirational leadership and confident team members. Your transformation into a leader who communicates, leads and inspires with agility begins here.

Programme Outcomes:

On completion of this programme, participants will have learned to:

- Develop and elicit confidence with powerful presence and voice
- Listen effectively with empathetic equality
- Communicate with clarity, gravitas and humanity
- Ignite the energy of your team and colleagues with your personal impact
- Deliver prepared presentations with ease
- Have access to a tool kit to bring to your daily interactions.
- Bring your communications to a new level of impact
- Learn the skill of impromptu speaking

Approach:

This learn-by-doing, one day course, offers you the opportunity to acquire the necessary verbal and non-verbal communication skills to acquire powerful personal presence. The training is comprised of cutting-edge, science-based techniques which are the secret recipe of the world's most charismatic and exciting leaders and speakers.

The full day is activity based and focused on experiential learning to equip the delegates with tools directly applicable to their professional requirements. The workshop is delivered by a world class certified voice coach who specialises in presence impact.

Who Should Attend?

If you are a leader or aspire to lead, then this workshop is for you. Equally, if you are challenged with being seen or heard, this is an opportunity to develop your voice and confidence.



Contact:

For further information, please contact Raquel de la Pena on (01) 605 1667 or at training@ibec.ie

Programme Schedule

Morning

Louder than Words: Body Posture and Language

- How physical actions and posture affect the brain, our biochemistry and thus our confidence
- The story your habitual posture tells
- Owning your space with grace: from the meeting to the presentation
- Actions to suit the words: fluent body language

Transform and Inspire: The Readiness is all...are you Ready?

- Overcoming nervousness and communication tics
 - Experiencing equality with your staff, colleagues and seniors
 - 360° availability: heightened perception and listening skills
- Creating a two way emotional connection as you speak and listen

Afternoon

The Free Voice: Sounds Compelling

- Freeing vocal tension for a clear, strong, commanding voice
- Unlock vocal expressiveness to move and inspire
- Energise your voice to be powerfully resonant
- Speak from your entire body to lead others by attraction not promotion

Eloquent Speaking: Be Epic - Be Intimate

- Synching the mind and mouth: mean what you say when you are saying it
- Speaking with effortless energy and passion
- Get rid of fillers: "like, um, eh, right"- own your words and stay present
- Use the full power of language to influence effortlessly

What you said

"I had an amazing day. The trainer was great. He really took us out of our comfort zone and gave us all great comments and attention."

Sonya Keogh