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TRAINING

Voice Coaching

Duration: 1 day

Prerequisites

There are no prerequisites for this course

This comprehensive one day Voice Coaching training course will provide participants with a greater understanding of how to enhance their individual vocal skills to help engage and motivate their audience.

It's not just what you say, it's how you say it! Verbal communication is the most powerful tool humans have. There are different ways of using this tool. We can choose how we use it.

Objectives

After this Voice Coaching training course, delegates will be able to channel energy into enhanced facial and vocal expression.

Course Content

Introduction to communication "breakdown"

Importance of looking for variety in delivery of the following:

- Intonation pattern
- Pitch (low/high)
- Pace
- Tone (matching the message)
- Volume
- Facial expression/body language

Discovering your natural style

- Deliver a non work-related story to look how areas above are reflected in spontaneous thought process and could be used to good effect in the workplace

Nonsense passages

- Taking away the meaning, and therefore the need to make oneself understood can help "free" the delivery

Breathing and relaxation exercises

- Importance of posture and freedom from muscle tension
- Preparing the body and mind to "perform" more effectively

continued...

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Facilitation Skills: 2 days

Effective Meetings: 1 day

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Voice Coaching (continued)

Duration: 1 day

Prerequisites

There are no prerequisites for this course

Individual tool kit

- Building on findings from the session, deliver a recorded, work-related presentation to experiment with variety of delivery most suitable for the individual. Instant feedback from recording.

Opening impact

- Creating a positive and empowered first impression

Consolidation

- Performing the presentation

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