



Personal Coaching Sessions

Activating Presence, Impact and Influence when Presenting

These tailored coaching sessions are designed to provide an opportunity for participants:

- To create a more authentic, influential performance style when communicating to groups, pitching, speaking at meetings or one on one's to key stakeholders

A pre-session meeting with the individual client will determine their specific development needs and areas to work on.

These areas can include specific micro-skilling in performance:

- **Developing stronger presence and gravitas**
- **Developing confidence, managing nervous energy through breath**
- **Relaxation and visualisation technique to manage nervous energy**
- **Vocal projection, tone, pace and articulation**
- **Strong stance and use of gesture**

The sessions can also focus on specific needs required in the participants' leadership role:

- Confidence in impromptu speaking, "thinking on your feet".
- Managing difficult audiences
- Adapting to a variety of audience styles
- Personalising the corporate message: developing a personable style
- Connecting to purpose and communicating authentically
- The use of storytelling and metaphor to communicate strategic messages

Video will be used as a feedback tool for participants.

Sessions can be in one hour or two hour blocks. A minimum of two hours is recommended.