

Public Speaking - ENG

1 jours - 7,00 heures

Programme de formation

Objectifs pédagogiques

Pedagogical objectives

- Becoming aware of the impact of your words
- Mastering your stress, voice, gestures and stance in order to become more comfortable and retain more attention
- Communicating your emotions and conviction
- Structuring your speech around a clear message
- Using illustrations to make your speech as real as possible

Compétences visées

- Communicating your convictions through non-verbal language
- Understanding your feelings to engage attention
- Structuring your speech around a message
- Using illustrations to make your speech understandable and real

Description / Contenu

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Stage 1: What is communication?

- The pattern of communication
- Noise and feedback
- First individual diagnosis of the impact of your communication;

Stage 2: The impact of non-verbal language

- The Mehrabian model, the 3Vs
- The pillars of non-verbal communication (in public & video conferencing)
- Aligning body, heart & head

Multiple practical exercises based on drama-based activities;

Stage 3: The power of emotion to capture attention

- Mastering stage fright
- Why share your feelings?
- The power of analogy to capture attention

Application exercises

Stage 4: Structuring your speech

- The 5 questions to prepare for your speech
- The message, the hook, the illustrations
- Suitable visual aids

Summing-up exercise based on a professional speech

Modalités pédagogiques

Educational format

On site : 1 or 2 day

Remote : 2 or 4 x 3,5 hours workshops via Teams, GoogleMeet...

Individual coachings if needed





Moyens et supports pédagogiques

Educational resources and supports

- Slide show PPT
- Pedagogical Support
- Digital Tools (Mentimeter, Jamboard ...)
- Pedagogical videos

Modalités d'évaluation et de suivi

Evaluation and monitoring methods

- Self-positioning by participants on a digital platform shared with the trainer (at the beginning and end of the course)
- Assessment by the trainer at the end of the course
- On-the-spot assessment immediately after the course
- REX - One-hour practice-sharing workshops one or two months after the initial training course
- Post-training assessment one or two months after the course
- Performance questionnaire sent to the customer three months after the course

Nous sommes à votre écoute au 01 47 66 25 20

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