



CAPACITY BUILDING TRAINING ON PUBLIC SPEAKING

The objective of this training is to teach and train in proven skill sets and mind sets that participants can practice and apply to any Public Speaking context. **There will be 6 different, 2 hour sessions that each address specific aspects of Public Speaking.** You can take all 6 sessions, single sessions or a combination of sessions according to your interest or need.

These sessions will combine approaches based in improvisation & theater, presentation skills for business and neuroscience, to help participants have a fun and effective experience in a safe space and with individual feedback and attention.

One hour follow up, executive coaching session will be offered to 16 participants in order to both help reinforce the skills learned in the training and to address any specific opportunities that participants have to present in the future. Please note that coaching sessions will be available for limited time only, until the deadline set by the trainer.

20 January 2021

Presenting your authentic self

In this session we will focus on YOU presenting yourself with authenticity and purpose. We'll answer the questions such as: Who are you and what are your values? What are you passionate about? Why do you do what you do and how would you like others to think or feel about you in different situations? How does authentically connecting with others in a business context help with forwarding initiatives that you're working on? We'll share short personal stories in order to connect more deeply with others and discuss the application of the approaches to your everyday work.

21 January 2021

Your intentions, in tension – handling pressure

- What is your relationship to tension, or pressure? How do you have a healthy relationship with tension under pressure, and still show up with authentic presence? Measuring the formality or informality of the settings and moments in which you present yourself. Getting in touch with Expressiveness.

26 January 2021

Presenting vs Facilitating

- Being in service to the audience in each context. Practicing each dynamic in smaller groups. Growing the dynamics of your own expressiveness. Employing behaviors in each context that elicit the intangible qualities you're striving for.

28 January 2021

Analyzing your audience

- Analyzing the characteristics of your audience. What is your communication style and how does it fit the communication styles that are present in your audience? What are your blind spots and challenges? Anticipating obstacles, resistance and questions.

2 February 2021

Thinking on your feet, being present

- Bringing the Engineer and Jazz Musician in your head into harmony, in service of your audience. Preparing data and facts vs. Preparing to be Present and "In The Moment". Practicing mental and creative flexibility and Improvisation Skills for Professionals. Speaking on the Spot.

4 February 2021

Virtual vs Live presentations best practices

- In what context do you present? Live vs Virtual Skills, Talking "With" your audience vs Talking "At" your audience. Owning your strengths and challenges in each context. Formal vs Informal, Intention in Tension, The Importance of Dynamics

**The descriptions for the sessions will be updated and sent out ahead of each session, as trainer will learn more and more about the group through the training, therefore content will be adapted accordingly.*

ENoP asbl

Rue de l'Industrie 42, B-1000 Brussels ▪ T: +32 2 23 000 29 ▪ www.enop.eu

Coordinator: Cornelia Hoffmann ▪ Deputy Coordinator: Jakob Bec ▪ Treasurer: Chloé Melchionne ▪ Executive Director: Mana Livardjani