

1 DAY

PERSONAL IMPACT AND ASSERTIVENESS



Personal Development Course

LEARNING OUTCOMES

- Learn how controlling your breath and aligning it with your thoughts can strengthen your vocal presence, making your communication more powerful and intentional.
- Develop the skills to project confidence and command respect in any situation, leaving a strong and lasting impression on colleagues, clients, and audiences.
- Practise techniques for using physical presence effectively, taking the space confidently, and keeping the audience engaged throughout your interaction.
- Master eye contact and non-verbal cues to build trust and connect with others.
- Improve the clarity, projection, and impact of your speech with practical exercises designed to make every word count.
- Amplify your authentic self, combining natural personality with powerful communication skills.

COURSE OVERVIEW

This one-day course adapts the techniques used by professional actors for a business context. Participants will learn to be vocally and physically flexible, enhancing their influence, confidence, and two-way communication. Focusing on the body, breath, voice, and presence, the workshop helps individuals maximise personal impact in one-to-one interactions, meetings, and presentations, enabling them to engage others with greater authority and presence.

TOPICS COVERED IN THIS COURSE

What Makes an Impact

Learn the key elements of personal presence and behaviour that capture attention, build credibility, and leave a lasting impression on others.

Personal Styles and Strengths

Understand your unique style, identify your strengths, and explore how to leverage them to communicate more effectively and confidently.

Understanding Behaviour Change

Discover how people respond to influence, motivation, and change, and learn techniques to encourage positive behaviours in yourself and others.

Making the Impression You Want

Develop strategies to consciously project the image and energy that aligns with your goals, ensuring interactions are intentional and impactful.

Feeling More in Charge

Build confidence in your presence and decision-making, so you can take control of interactions and lead conversations with authority.

Raising Self-Awareness and Self-Esteem

Enhance your understanding of how others perceive you, while strengthening your self-confidence and belief in your abilities.

Persuading and Inspiring Others

Learn practical techniques to motivate, influence, and inspire colleagues and clients, leaving them engaged, aligned, and eager to act.