

## Do you want express yourself more clearly, shortly, efficiently – and in any situation?



Erika Tomešová program lecturer

More information at: **ShineLeadership.cz** 

Contact person Mgr. Šárka Pojerová Managing Director sarka.pojerova@ShineLeadership.cz + 420 603 711 594

## You will learn to

- plan your presentations
- create a positive first impression
- work with different structures to achieve different goal
- sustain pressure, negative reactions and difficult questions
- build credibility in your presentations and communication
- express yourself shortly and clearly
- receive and give feedback
- manage stress and stage fright

## **Training Topics**

- Own prepared presentations
- Rhetorical skills and voice and breathing excercises
- How to manage unexpected situations
- Reacting to objections and unpleasant or offensive questions

After the training your presentation will be more **convincing with higher impact**. You will get **feedback** and **benefit from concrete recommendations** to improve your presentation skills.

You will acquire the skill to control and master your voice and excercise speech techniques. You will improve your rhetoric skills. You will master the techniques to manage negative reaction from the audience. You will train and experience all above mentioned skills and situations.

## Methodology

The training is based on **personal experience**, constant **feedback**. The participants will go through different type of situation and constant change of the character of the excercises such as group work, pairwork, individual preparation, brainstorming, discussion, model situations, video recordings, practice presentation, feedbacks, creating personal experience – **learning by doing**.

QR code – a fast way to reach us

1. Turn on your camera app and aim it at the QR code If a link to our website appears, click on it and it will take you straight to us.

2. If you own an older smartphone, just download one of the many available free apps for reading/scanning QR codes, and use it.





Office and Training Centre Hradčanská: Milady Horákové 116/109 B, 160 00 Praha 6 Main Office: Suchdolská 1273/3, 165 00 Praha