

# Developing your charisma and self-confidence Theater Workshop

Hands-on course of 2 days - 14h

Ref.: THP - Price 2025: CHF1 590 (excl. taxes)

## EDUCATIONAL OBJECTIVES

At the end of the training, the trainee will be able to:

- Work on your body anchoring and breathing
- Develop your confidence in oral communication
- Express yourself fluently and know how to listen in an exchange
- Harmonize your verbal communication and gestures
- Overcome your stage fright and better manage your emotions

## TEACHING METHODS

A fun and participatory teaching method based exclusively on acting exercises adapted for "non-actors".

## HANDS-ON WORK

Through a creative process, the exercises call upon the participant's intellect, emotions, body and voice to aid their self-confidence.

## THE PROGRAMME

last updated: 08/2024

### 1) Developing your presence and charisma

- Breathing efficiently.
- Developing body awareness.
- Getting grounded.
- Presenting yourself positively.

*Exercise : Technical exercises on breathing, anchoring, holding, looking. Self-presentation.*

### 2) Be convincing and know how to make yourself heard

- Speaking with authority and firmness.
- Identifying and communicating a key message.
- Developing your confidence.
- Mastering the basic rules of rhetoric: have an objective, adapt to the audience, structure your speech.

*Exercise : Defending a point of view. Three minutes to convince. Telling a fable in your own words.*

### 3) Developing your verbal fluency

- Mastering the mechanisms of eloquence to express yourself freely.
- Developing your sense of improvisation and creativity.
- Listening to improve your repartee.
- How to create interactions with the people you're speaking with.

*Exercise : Improv theater exercises. Practice the basic rules of eloquence.*

### 4) Become more self-confident and at ease

- Identifying your personal qualities.
- Adopting an effective relationship posture.
- How to sync up with others.
- Daring to share your opinion.

*Exercise : "Mirror" exercise. Life positions.*

## TRAINER QUALIFICATIONS

The experts leading the training are specialists in the covered subjects. They have been approved by our instructional teams for both their professional knowledge and their teaching ability, for each course they teach. They have at least five to ten years of experience in their field and hold (or have held) decision-making positions in companies.

## ASSESSMENT TERMS

The trainer evaluates each participant's academic progress throughout the training using multiple choice, scenarios, hands-on work and more. Participants also complete a placement test before and after the course to measure the skills they've developed.

## TEACHING AIDS AND TECHNICAL RESOURCES

- The main teaching aids and instructional methods used in the training are audiovisual aids, documentation and course material, hands-on application exercises and corrected exercises for practical training courses, case studies and coverage of real cases for training seminars.
- At the end of each course or seminar, ORSYS provides participants with a course evaluation questionnaire that is analysed by our instructional teams.
- A check-in sheet for each half-day of attendance is provided at the end of the training, along with a course completion certificate if the trainee attended the entire session.

## TERMS AND DEADLINES

Registration must be completed 24 hours before the start of the training.

## ACCESSIBILITY FOR PEOPLE WITH DISABILITIES

Do you need special accessibility accommodations? Contact Mrs. Fosse, Disability Manager, at [psh-accueil@ORSYS.fr](mailto:psh-accueil@ORSYS.fr) to review your request and its feasibility.

### 5) Developing your physical bearing

- Improving your body language.
- Developing your non-verbal communication.
- Harmonizing your verbal communication and gestures.
- Daring to be creative and letting yourself be watched.

*Exercise : Statue game or "image theatre": work on creativity in groups. Exercises of stimulation and body language.*

### 6) How to manage stage fright

- Controlling your breathing to better manage your emotions.
- Overcoming your stage fright with positive visualization.
- Using eye contact and interaction distance to find your comfort zone.
- Focusing your attention on your message and your audience.

*Role-playing : Speaking exercises in front of the group on a chosen topic.*

### 7) Establishing an individual assessment

- Understanding your communication preferences.
- Incorporating how you are perceived by others.
- Defining your strengths and areas for improvement.

*Storyboarding workshops. : Develop individual progress goals.*

## DATES

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Contact us