EFFECTIVE COMMUNICATION COURSE

The confidence to inspire. The presence to inhabit your words. The resiliance to succeed.

facciocose



This training will reinvigorate every aspect of your life and work. It will transform the way you interact, engage and communicate with clients and colleagues. The way you look, listen, think, talk, and do business.



WHO IS THIS COURSE FOR?

BUSINESSES

HR DEPARTMENTS

employees.



their personal impact.

- Who want reach a range of communication objectives
- including differing communication strategies for
- stakeholders, clients, markets and the general public.

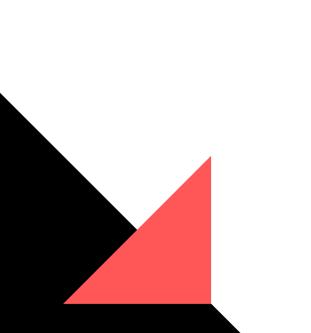
Who want to offer a healthy and productive workplace by offering up-skilling and inspirational training to their

INDIVIDUALS

Who want to communicate with confidance and improve

COURSE OUTCOMES





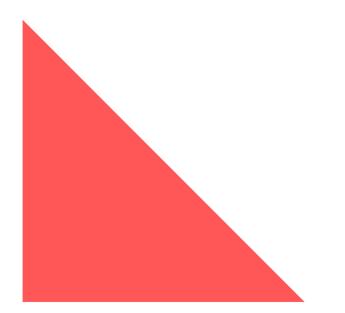
HEAR WHAT CLIENTS AND COLLEAGUES ARE REALLY SAYING



OVERCOME YOUR FEAR OF PUBLIC SPEAKING

"TO EFFECTIVELY COMMUNICATE, WE MUST REALIZE THAT WE ARE ALL DIFFERENT IN THE WAY WE PERCEIVE THE WORLD AND USE THIS UNDERSTANDING AS A GUIDE TO OUR COMMUNICATION WITH OTHERS. "

TONY ROBBINS





COURSE CONTENT

BEING PRESENT

Breathe and Posture

Holding the space

Channelling your energy

Focusing your attention and intention

How to be noticed, heard, remembered and be influential

PRESENTATION TECNIQUES

Storytelling techniques

Vocal work

Relaxation and relief techniques

Non verbal communication strategies

EMOTIONAL INTELLIGENCE

Abilities to perceive emotions

Understanding emotional knowledge

Self-motivation

Promoting emotional and intellectual growth

ACTIVE LISTENING

Indentifing your clients' needs

Adapting your communication according to them

Critical difference between sympathy and empathy

WHY CHOOSE US?

DIVERSITY

Our training recognises the benefit of having diverse teams and our programmes explore endless opportunities to learn and thrive from each others diverse ideas.

INCLUSIVITY

Everyone that takes part in our training will benefit from inclusive practises. Your teams will be reminded of the importance of communicating well, responding and listening to all ideas.

Our cutting-edge training is based on neurological studies, embodied cognition and behavioural science.

EMOTIONAL INTUITION

Strong focus on how people can tune into their intuition and use it to their benefit when communicating with clients, customers and colleagues.

INNOVATION

In a fast-paced world where businesses are constantly evolving, the need for innovative teams are crucial. Our training will support your teams in becoming dynamic & innovative thinkers.

EMBODIMENT

Participants will have an improved sense of awareness of their bodies and a better understanding of how to interpret body language when communicating.

SCIENTIFIC KNOWLEDGE

3 HOURS TRAINING

£ 150 per person Min 5 people. Max 15 people

6 HOURS TRAINING

£ 250 per person Min 5 people. Max 15 people

Content discussed:

PRESENTATION TECHNIQUES

Content discussed: BEING PRESENT TWO DAYS

12 HOURS TRAINING

£ 450 per person Min 5 people. Max 15 people

PRESENTATION TECHNIQUES

Content discussed: BEING PRESENT PRESENTATION TECHNIQUES EMOTIONAL INTELLIGENCE ACTIVE LISTENING

HALF DAY COURSE Timeline

METHOD OF COMMUNICATION

> Presentation of the topic. Infographics and case studies.

BEING PRESENT

Working on breathe, voice, posture and body language.

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FEEDBACK AND REVIEW

Course Leader's feedback and strategies to keep consistency.

BEING PRESENT

Working on breathe, voice, posture and relaxation.

FULL DAY COURSE

Timeline

COMMUNICATION STYLES

Presentations of the topic. Infographics and case studies.

NON-VERBAL COMMUNICATION

Body language and emotional intelligence.

PRESENTATION TECHNIQUES

Individual presentation skills exercise appllying storytelling techniques.

FEEDBACK AND REVIEW

Course Leader's feedback and strategies to keep consistency. **FULL DAY** COURSE

Day 1

COMMUNICATION STYLES

Presentations of the topic. Infographics and case studies.

BEING PRESENT

Working on breathe, voice, posture and relaxation.

Day 2

EMOTIONAL INTELLIGENCE

Working on self awarness and self- managment.

ACTIVE LISTENING

Relationship managment and empathy.

GROUP EXERCISES

Group games and non verbal communication exercises.

PRESENTATION EXERCISE

Individual presentation skills exercise appllying storytelling techniques.

FEEDBACK AND REVIEW

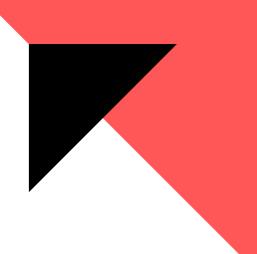
Course Leader's feedback and strategies to keep consistency.

FEEDBACK AND REVIEW

Course Leader's feedback and strategies to keep consistency.

"THE ART OF COMMUNICATION IS THE LANGUAGE OF LEADERSHIP."

JAMES HUMES



YOUR COACH - MONIKA GRAVAGNO

Monika is a dynamic, perceptive and flexible communication skills and active listening coach. She empowers and enable individuals to unlock their creative minds and think laterally to gain presence, authenticity and confidence.

Monika has trained as an actress at the London International School of Performing Arts. She holds a distinction BA in Linguistics and she is NPL practitioner and actor coach.

She has coached clients across the public and private sector. Her areas of expertise include: active listening, personal impact, presentation skills, non verbal communication and emotional intelligence.

"I believe you are what you think, feel and imagine. And this inform what you will attract, create and what you will became."

M. GRAVAGNO

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