


EFFECTIVE COMMUNICATION COURSE

**The confidence to inspire.
The presence to inhabit
your words.
The resilience to succeed.**



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

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

HR DEPARTMENTS

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

INDIVIDUALS

Who want to communicate with confidence and improve their personal impact.


COURSE OUTCOMES



**PROMOTE
YOURSELF IN AN
AUTHENTIC WAY**





**FEEL MORE
CONFIDENT WHEN
DELIVERING
PRESENTATIONS**



**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 TECHNIQUES

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

Identifying 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.

SCIENTIFIC KNOWLEDGE

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

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.

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.

HALF DAY

3 HOURS TRAINING

£ 150 per person

Min 5 people. Max 15 people

Content discussed:

PRESENTATION TECHNIQUES

FULL DAY

6 HOURS TRAINING

£ 250 per person

Min 5 people. Max 15 people

Content discussed:

BEING PRESENT
PRESENTATION TECHNIQUES

TWO DAYS

12 HOURS TRAINING

£ 450 per person

Min 5 people. Max 15 people

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.

FEEDBACK AND REVIEW

Course Leader's feedback and strategies to keep consistency.

FULL DAY COURSE

Timeline

BEING PRESENT

Working on breathe, voice, posture and relaxation.

PRESENTATION TECHNIQUES

Individual presentation skills exercise applying storytelling techniques.

COMMUNICATION STYLES

Presentations of the topic. Infographics and case studies.

NON-VERBAL COMMUNICATION

Body language and emotional intelligence.

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.

PRESENTATION EXERCISE

Individual presentation skills exercise applying storytelling techniques.

FEEDBACK AND REVIEW

Course Leader's feedback and strategies to keep consistency.

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.

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 become."*

M. GRAVAGNO

CONTACT INFORMATION

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