



**PRIMUS
THE PUBLIC SPEAKING TRAINING**

Persuade, Represent, Inspire, Motivate, Uphold and Stimulate



Objectives of the seminar

Successful on 2 levels:

Skill and Will

- We develop improved elocution and speaking skills for participants to use daily.
- We increase each participant's level of self confidence and provide efficient methodologies to use daily to stay motivated, enthusiastic and positive in both professional and personal situations.



During the seminar, the participant will improve existing skills and gain new ones. In particular:

- The value of a confident and self-assured appearance and behaviour
- How to successfully express ideas, thoughts and suggestions
- To improve interpersonal communication at every level, becoming proactive rather than reactive
- To develop personal style and persuasion potential
- The best ways to deal positively with stress and conflict

During the seminar, the participant will also gain a higher level of will. In particular:

- What motivates people
- Why a stronger personal conviction and responsibility for self is more rewarding
- How to remain motivated through well-defined action plans with realistic steps leading to individual achievements

At the end of the seminar, the participant will:

- Be more self-confident, positive and convincing
- Be better understood by others in both business and personal settings
- Be able to speak freely in a clear, confident and convincing manner
- Internalise successful scenarios created by a stronger personal conviction and simple elocution methodologies
- Be better motivated to continue to learn and use new skills
- Understand how to maintain the motivation continuum into the future

You should attend if:

- You wish to master various public speaking scenarios
- You would like to improve your speaking skills and be less afraid to speak freely.
- You believe that more clarity and self-confidence in communicating will bring more challenges
- You wish to gain a better self-awareness and optimize your elocution style



Content

Participants discover that improved rhetoric and speaking skills bring:

- Improved self confidence
- More effective negotiation skills
- Less stress and conflict in every day life
- Further personal development and a better work-life balance



- Free Speaking**
- To clearly express and persuade ideas, thoughts and suggestions
 - To develop confident use of mimics, gestures and body language
 - To improve self-confidence in speaking before groups and one-on-one.
- Personality Development**
- To become aware and optimize one's true potential
 - To strengthen social and emotional intelligence
 - To fix and achieve realistic goals
 - To consistently go beyond one's own limitations
- Self-Confidence**
- To develop goal oriented and self-confident behaviour
 - To lead successful negotiations
 - To speak, lecture and present effectively and enthusiastically
- Dealing with others**
- To improve human relationships
 - To act pro-actively rather than re-actively
 - To improve active listening skills
- Handling Stress**
- To realistically analyse concerns and reassess one's mental attitude
 - To overcome stress, pressures and conflicts
 - To calmly approach problems and challenges
 - To adopt constructive thinking and improve quality of life
- Motivation and positive thinking**
- Assessing individual motivational levels
 - Fixing goals and devising action plans
 - Improving personal conviction and responsibility for self
 - Internalising an optimistic and positive attitude
- Memory Training**
- Improved ability to remember facts and names



Structure

This is a highly practical training workshop.

Active participation and experimentation in daily life is expected.



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| Timing | <ul style="list-style-type: none">- Six full days, 9h00 to 16h30, one week apart, or- 12 evenings, 18h30 to 22h00, approximately 5-days apart |
| Participants | Maximum 12 persons <ul style="list-style-type: none">- May originate from any department or area within the organisation |
| Teaching Methodologies | Individual assessments for evaluation Using effective speaking tools to further develop personal strengths Optimizing communication through personality development and positive thinking Workshop style, participant focused Practical training making use of role-play and real life situations with constructive feedback Individual and team Coaching Individual and group role-play to: <ul style="list-style-type: none">- Create a reference of potential problems that need addressed during the seminar- Enact the solutions to these problems and create successful scenarios applicable to the participant's daily environment |
| Interval Training | Participants will apply tools and methodologies in their daily lives and experiment between workshop days for successful practical knowledge transfer. |