



VIRTUAL SPEAKING

ABSTRACT

It is not enough to have something to say to be heard... Virtual speaking has become a must, there is no way back. Speaking to a virtual audience includes its own challenges, establishing a human contact being one of them. In this workshop we invite you to get exposed and practise 5 techniques to embody your role in a natural and convincing way when you need to speak in public.

Lean4U.net

“Speaking in public like an actor”

Speaking in public like an actor

Workshop Overview

Venue	Online (Zoom)
Theme	Speaking in (virtual) public like an actor <i>"It is not enough to have something to say to be heard..."</i>
Duration	2h30 approx.
Languages	This workshop can be delivered in English, Spanish, French, and Italian
Facilitators	2
Number of participants	Min. 5; Ideally 9 to 12 (>12 requires a facilitator more).
Package	Includes 3 phases: <ol style="list-style-type: none"> 1. Planning (prior to the workshop): Self-Assessment questionnaire. To be completed by the participants 2. Do (during the workshop): Programme Run (see Workshop content overview) 3. Review (1 month after the workshop): A 45-minute group mentor coaching review. Self-evaluation tools provided in view of the presentations to come.

Workshop Content Overview	<ul style="list-style-type: none"> • Welcome participants and introductions • "A memorable waiting" – an example of self-confidence in public speaking • Part I – Theory and practise of 5 techniques to help you modify your behaviour each time you communicate. How does this apply in a virtual environment? • Break • Part II – Nonverbal communication – Theory and Roleplay: This is not only about what you say but how you consciously say it. This is not only about what your audience says but how they say it. • Wrap up / Take aways and action plan
Objectives	<ul style="list-style-type: none"> • Take a step back, develop serenity, regulate your emotions and channel your breathing in order to embody your role in a natural and convincing way when you need to speak in public, either be in a physical or virtual environment. • Become more comfortable speaking in public to get your message across. • Develop your observation skills through active listening

About Lean4U

Why Lean4U

"You are so complicated to do business with!" – How many times inside out have you heard this? This is a fact, the vast majority of companies - either small, medium or large, struggle with simplicity. In other terms, companies lack agility and flexibility required to give the customer a good reason to come back and enhance customer advocacy.

Lean4U was born with the intention of truly driving simplicity.

Who we are

Created in 2017 by Florence Meunier, Lean4U is a consultancy dedicated to workshops, Coaching & Mentoring and Process Optimization. The leadership team is multi-language facilitators and coaches, that brings 20+ years of experience in multinationals and SMBs in area such as Customer Service, Sales Operations, Supply Chain, Logistics, Processes Excellence and strategy overall.

What we believe in

"Small steps, big returns, ..." – It's not about making big changes, it's about taking actions driving results, every day ... *with the right talent* – A successful application of Lean starts by understanding that improving methods does not mean that people will automatically alter their attitude towards change. This requires developing the right talent on your team to accept changes positively.

What we are passionate about

Simplicity! Hence our Lean mindset applied in all our different activities. We are also in love with anything that make people feel good and perform at their maximum potential. The portfolio of our services is no coincidence..

What we are aiming to

Our reward is to know that we helped you make it happen in meeting your business objectives and in the creation of a work environment satisfactory, enriching and rewarding..

What our targeted audience is

From a process perspective, any support functions- or "office-based functions" of any small, medium and large organization such as Customer Service, Human Resources, Accounting, Purchasing, or even Sales & Marketing.

Basically, anyone who understands why creating a great workplace matters and is willing to learn how!