

BE A BETTER COMMUNICATOR





CONTENT

The actor's skills transferred to you without losing your personal style.

In groups of 5-8 persons, train on presenting using your own presentation.

The course is set up over 6 half days (3 hours each) with intermediate periods. It's about knowledge as well as practical training.

We will have a special focus on body language and use of your voice.

Some courses are mainly theoretical, where you are told what works and what doesn't work without putting it into practice. We believe that practicing is fundamental for learning the needed skills.



TRAINING OBJECTIVES

Be able to communicate a message that is well received by the participants.

Learning the skills an actor is using when preparing a presentation.

Learn how to cope with negative tension, transforming it to a positive energy instead of a negative one.

Feeling safe in front of the audience, to the degree that you will enjoy it.

Equinor reference:

The course was executed in Equinor 2009 – 2013 getting excellent feedback (Evaluation score of 5.7 of 6.0 as highest).