



USING YOUR SOUL TO COMMUNICATE

**EFFECTIVE
COMMUNICATION
COURSE
10 HOURS**



BUNBURY'S WAY



SPEAK BIG

It is a course of expression in English which aims to improve some aspects related to:

- Communication skills in public presentations
- Setting out thoughts in a clear and precise way
- Confidence to communicate
- Clarity of expression
- Intonation to avoid monotony
- Capturing the listener's attention

INTUITIVE TECHNIQUES

These are things that we do automatically when we are in our comfort zone, but that disappear when stress and nerves take over the situation. In this course you will learn to communicate from authenticity, regardless of the situation.

What we do is empower people to become effective communicators, with the objective of gaining confidence and authenticity through verbal and non-verbal communication techniques.

EMPOWERMENT THROUGH VERBAL AND NON-VERBAL COMMUNICATION TECHNIQUES.

CONTENTS

INTRODUCTION TO COMMUNICATION

- Emotional intelligence and self-knowledge
- From self-knowledge to influencing communication
- Body language
- Structuring your message



HOW TO TUNE IN WITH YOUR AUDIENCE: REPRESENTATIONAL SYSTEMS, VOICE STRUCTURE AND MESSAGE

- How to filter the world
- Voice: tone, rhythm, breathing, silences, diction, intonation
- Expressive resources
- How to captivate your audience

SELF-MANAGEMENT, LEARNING TO MANAGE OUR EMOTIONS AND OUR STATE IN COMMUNICATION

- The impact of emotions
- Visualization, presence and empowerment exercises
- Triangle of emotions
- Storytelling

TECHNIQUES TO GET MORE IMPACT

- Convincing communication
- How to handle difficult situations and questions
- Final presentations

