

Communications & Presence Workshop Experience

Overview

In this 2-hour experience, participants will learn how presence unlocks authenticity and builds relationships and influence.

Through quick reflections and improvisational speaking, each will practice leveraging Archetype strengths to build trust, inspire others, and lead effectively through powerful, concise communication.

With a focus on tone, message, and non-verbal communication, colleagues will role-play and provide feedback to support the learning.

Key Outcomes

- Recognize the different elements and styles of presence and communication.
- Learn how to read cues and shift delivery so messages land with the intended impact.
- Hear colleagues through their own lens to create quicker understanding.
- Minimize and repair miscommunication.

Agenda

Prework	*Team Storytelling Workshop* • *Everyone should have a Story Profile*
Part 1 20-mins	*Welcome and Warm-up* • Breathing and Body Exercises • Presence and Presentation Basics
Part 2 5-min	*Prompt #1* • Participants write a response to a prompt, using Archetypal Communication Cues & Clues
Part 3 1-hour	*Presentations & Feedback* • Each person gets 5-minutes to present and receive feedback and coaching
Part 4 5-min	*Prompt #2* • Participants write a response to a second prompt
Part 5 1-hour	*Presentations & Feedback* • Each person gets 5-minutes to present and receive feedback and coaching

Story unlocks an ease which enables people to step into themselves authentically. They can step into their superpowers. And when they do, they come alive.

WORKSHOP PARTICIPANT