

"LUNCH & LEARN" CORPORATE VOICE & SPEECH SEMINARS

Informal 50 minute training seminars designed to be delivered while associates enjoy lunch.

- All sessions led by voice & speech expert Jenni Steck, MFA, MS, CCC-SLP
- Training over lunch eliminates the need to pull participating associates away from important work.
- All "Lunch and Learns" are designed to benefit as many associates as are interested in attending. Class size may be as large as is appropriate for the designated meeting space.

"Lunch & Learn" seminars address specific topics of focus each designed to build awareness of a particular key communication skill. There are a variety of engaging and valuable topics from which companies and their associates may choose:

"LUNCH & LEARN" MENU:

- **MASTERING SMALL TALK & NETWORKING WITH SKILL** - *STRENGTHEN YOUR SOCIAL COMMUNICATION SKILLS.*

Gain confidence and learn to maximize opportunities to develop relationships while socializing at work, mingling at company get-togethers, and networking at events.

- **PUBLIC SPEAKING WITH CONFIDENCE** - *OVERCOME STAGE FRIGHT AND DEVELOP A PRESENCE.*

Learn techniques that help combat fear associated with public speaking, and tips to help you own the stage and engage your audience.

- **UNDERSTANDING BODY LANGUAGE** - *BE AWARE OF THE NON-VERBAL SIGNALS YOU SEND AND RECEIVE.*

Learn to be mindful of what you “say” with your stance, posture, gestures, and eyes, and interpret the signals others are sending you.

- **BREATHING & RELAXATION** - *GROUND YOURSELF TO SUPPORT A STRONG AND PLEASING VOICE.*

Unharness the power of your voice by relieving tension and breathing well. Learn relaxation exercises and proper breathing techniques.

- **ACTIVE LISTENING** - *GIVE YOUR FULL ATTENTION TO OTHERS.*

Learn to fully concentrate on, understand, and remember what is being said to you, and how to respond in a ways that build true rapport by showing empathy, open-mindedness, and respect.

- **DYNAMIC SPEAKING** - *LEVERAGE PITCH, VOLUME, AND RATE TO ENGAGE LISTENERS.*

Capture people’s attention and strengthen your message by adding variety to the way you speak. Learn to maximize variations in pitch, volume, and speed while speaking to always sound compelling and energized.

- **TAKING CARE OF YOUR VOICE** - *SOUND YOUR BEST ALWAYS.*

Learn how to take proper care of your voice so that you always sound terrific, and learn tips for healing your voice when it sounds horse or you are sick.

- **SPEAKING WITH DISTINCTION** - *BE CLEAR, SHARP, AND POLISHED.*

Learn about proper articulation, and practice exercises that will help you speak clearly, sound polished, and always be understood.

- **TALKING TO THE MEDIA & ON-CAMERA** - *LOOK & SOUND LIKE A PRO.*

Learn the secrets of the professional broadcasters and know how to look and sound your best when speaking on camera.