



# Developing boldness when speaking

Dare to use your inner potential  
to improve your communication skills;

## Objectives:

- Daring to express yourself confidently, boldly and effectively
- Taking responsibility for who you are and what you do
- Exercise your repartee in front of the group
- Breaking out of automatisms and habits, embodying your words
- Unleash your creativity and imagination to gain in confidence and assertiveness
- Set yourself challenges, dare to experiment and commit yourself fully to your message

## Contents:

### Getting involved with the tools of theatrical improvisation

- Establishing a common frame of reference
- Exercises in listening, acceptance, self-involvement and innovation
- Body and vocal warm-up exercises
- Theatrical improvisation exercises that release creativity and spontaneity through play

### Asserting your presence

- Become aware of the resources that lie within you
- Becoming aware of your creative potential and your capacity for commitment

### Adapting to different situations in everyday and professional life

- Work on letting go and lifting intellectual inhibitions to free speech
- Developing your imagination and verbal repartee

**Duration :** 2 days

**Audience and prerequisites :** All audiences - no prerequisites

**Price :** Upon request

## Quilotoa learning method :

Based on theatrical techniques, active and practical, it aims to give each participant the autonomy that is essential for lasting progress. Theoretical points of reference, passed on interactively, complement the practical exercises to help participants grasp the material.

## Assessment :

**Ongoing assessment:** as the course progresses, during the various simulations.

**At the end of the course:** on a summary exercise.

**After the course:** via an online form.

## People with disabilities :

Our head office welcomes people with reduced mobility.  
For further information, please contact our disability officer :  
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