

Professional Speaking Online

With Vigour and Conviction

GOALS & BENEFITS

If the recipient of our messages is not sitting here in front of us, we tend to speak in more of a monologue than dialogue. This leads us to pick up pace and speak more monotonously. But to be able to transfer information sustainably through audio-visual media, we need to be dynamic. Only if we convey emotion can our counterpart really take on board what he hears and stay tuned from beginning to end. This training helps you to be aware of your behaviour and the effect it has on others. You learn to use technology like the camera and microphone confidently, and find out what you have to do to come across more professionally in the future so that you really reach and move your counterpart. After this training, you will feel much more confident in how you come across on video and how others perceive you.

METHODS

Our expert provides you with ideas, practical exercises for the body, voice and breathing, especially for medial speaking, live participant contributions with feedback, work in groups and with the whiteboard, an exchange of experience as well as tips and tricks for use in practice.

YOUR EXPERT



Anja Oser, Managing Director
PARLA GmbH & Co. KG

→ Please find further information about our experts on our website:
www.parla.de/experten



CONTENT

- How do I appear on camera? A comparison of self-perception and perception of others
- Confident appearance – body language in front of the camera
- How to stage skilfully – position and background
- The right equipment – what to know to get expert results
- Sounding harmonious – how to convey authenticity, serenity and vigour
- How to make your voice appear more lively
- The relation between body, breathing, articulation and voice
- Special demands on the online speaker and how to deal with them
- How to speak to the audience and really make a difference
- Managing stress or stage fright
- Preliminary feel-good exercises for more sovereignty
- Warming-up the voice: vocal exercises for body and breathing

DETAILS:

DATE:	November 17 and 18, 2021
LOCATION:	Online platform
DURATION:	2 x ½ days, from 9 until 12:30
PARTICIPANTS:	max. 6 participants
INVESTMENT:	690 EUR +VAT
TARGET GROUP:	Frequent online communicators

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