



Presentation, Communication and Performance Coaching

Confidence building

Groups, communities and individuals

Speech and dialogue coaching

Media Training

Public speaking and performing with an audience

Purpose

To provide tools to become an effective communicator and presenter. Individual sessions are flexible, focused and effective. Breathing, articulation, nerves, posture and working with space are all covered.

Process

We talk to you about what you need and tailor the work to suit you. We can come to you.

1-5 sessions depending on need.

1 Trainer

Pay-off

Increased confidence in work and life

Speak with ease

Hold and audience

Case Study

The CEO of a NHS Trust was embarking on a long series of public consultations and media appearances. He asked p2p to give him the tools to communicate a difficult and unpopular message to a wide audience. As with all our clients, we first met with the CEO to discuss the background to this situation and what he needed to achieve. We then attended a public consultation meeting at which he was speaking and taking questions. These get to know you sessions enable us to devise a bespoke programme that will work most effectively and quickly for each individual. In this case we used a mixture of Theatre based exercises, counselling and NLP tools. These complimentary disciplines allowed the client to discover, for himself, what was preventing him from being the effective communicator he clearly was in other situations. We developed his vocal range and freedom to help him communicate with more flexibility, power and confidence. We achieved all this in just four sessions. As a result of his experience working with p2p he recommended that we work with his newly appointed Director of Medicine

'Working with p2p was a really interactive and hands on learning experience. Smiles and laughing are obligatory parts of their training! Their personalised approach helped me discover the great communicator in me'