



EXECUTIVE PRESENCE AND GRAVITAS

Speaker gravitas plays a major role in how your message is received

Audiences often judge how they feel about us from the non-verbal communication (tone, nervousness, and gestures) we use while delivering our message. Without visuals, calmness and a flexible tonal range, people's minds generally become distracted with other thoughts. This "mental fog" kills our memorability.

Increase your credibility and harness the power of your voice and gestures in this fun and highly interactive training.





TOPICS INCLUDE:

1. Practice *saying more while using less*
2. Harmonize verbal and non-verbal communication for maximum impact
3. Connect first then land your message

AGENDA:

- :00 - :20 Learn Burst's 4-4-6 technique for reducing anxiety
- :20 - :40 Eliminate "junk words" and unharmonized gesturing
- :40 - :55 Deliver a professional story with gravitas
- :55 - :60 Recap and key takeaways

COMMUNICATION ESSENTIALS LEARNING PATH

-  Engaging Meetings and Speaker Anxiety
-  Concise & Memorable Stories
-  **Executive Presence and Gravitas**
-  The Burst Diamond Presentation Framework

This module is part of a four part learning path.

FLEXIBLE TRAINING OPTIONS

- In-person / Hybrid / Virtual
- Client Scenarios Integration (Add-On)
- 1:1 Coaching Integration (Add-On)



99% Rated the trainers either a 4 or 5
(0 - 5 scale)



99% Rated the information either a 4 or 5
(0 - 5 scale)

360 participants / 213 survey responses
(0 - 5 scale / 0=low and 5=high) / December 2022



BURST TRAININGS
Connect. Communicate. Collaborate.