

## PUBLIC SPEAKING THROUGH IMPROV

<b>Start Date:</b>	03/08/2026	<b>End Date:</b>	07/08/2026
<b>Categories:</b>	Business Communication	<b>Venues:</b>	Barcelona
<b>Formats:</b>	In Person	<b>Instructors:</b>	

### OVERVIEW

This experiential course uses improvisation techniques to build confidence, spontaneity, and connection in public speaking. Participants will learn how to think on their feet, speak with presence, and engage audiences with authenticity.

### OBJECTIVES

By the end of this course, participants will be able to:

- Speak clearly and confidently in unplanned or high-pressure moments.
- Use improvisational tools to stay present and adapt in real time.
- Connect with audiences through storytelling, tone, and body language.
- Manage nerves and embrace imperfection in speaking.
- Deliver more engaging and dynamic presentations, pitches, and meetings.

### COURSE OUTLINE

1- Foundations of Improv and the Speaking Mindset  
2- Voice, Body, and Breathwork for Presence  
3- Think on Your Feet: Games and Prompts  
4- Storytelling, Engagement, and Humor Techniques  
5- Confident, Connected Delivery in Any Context

### TARGET AUDIENCE

All Supervisory Levels, Professionals, trainers, facilitators, sales reps, and anyone looking to improve their presence and spontaneity when speaking publicly.

### METHODOLOGY

Improv games, vocal drills, reflection circles, live speaking sessions, playback coaching, and audience connection exercises.

### CONCLUSION

Participants will leave more confident, expressive, and agile speakers ready to handle any room, stage, or unexpected question.

## DAILY AGENDA

### **Day 1: Free the Speaker Within**

Use improv to overcome fear and unlock natural speaking presence.

### **Day 2: Command the Room**

Practice vocal, facial, and physical techniques for impact.

### **Day 3: Play to Engage**

Think fast, speak clearly, and use stories to connect.

### **Day 4: Perform with Confidence**

Deliver spontaneous responses and mini-talks with style.

### **Day 5: Shine in Real Life**

Apply skills to meetings, pitches, and everyday communication.

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*For more information, please contact us:*

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