

# Performance Coaching

#### Workplace Learning

Training code CGAPERFCID

Spoken Language <?php?> English

Language Materials English

Price €1.900,00

excl. VAT No extra costs.

### What is Performance Coaching

Do you want to make impact with your story, boost your presentation skills, improve your stage presence and stand in front of an audience with more confidence and conviction? Then this performance coaching is perfect for you. WPL stands for Work Place Learning, this means it is a 1-on-1 training, which we will tailor to your needs. You will receive 6 hours with an expert coach. You can divide these hours over multiple sessions within maximum 3 months. You will receive concrete tips and tricks, personal feedback and coaching. The coaching will focus on the HOW of your story (the way of delivery, think about the use of words, voice, attitude, non verbal behavior, stress management and authenticity), not so much about the WHAT (content of your story).

Do you have a specific question, concrete opportunity, for which you want to practice and you want to work towards? Then you are very welcome in this WPL.

### Who should attend Performance Coaching

If you have been invited to perform a talk; if you need to deliver an important client presentation; if you are going to record a video where you need to shine. If you need to deliver a pitch and you're nervous about it; if you are going to be a on literal of figurative stage to tell a success tory...etc. You get the picture. If you recognize one of these examples and you'd like some guidance, then this performance coaching is for you.

#### **Prerequisites**

You have a talk / presentation available or in your mind (does not have to be completely finished). TIP: Please don't learn your talk by heart! This will stand in the way of your learning goals. Bullet points is okay.

#### Objectives

Awareness of all aspects of performance. Build on and improve presentation skills. Work on self confidence to take the stage.



Awareness how to deliver your story with more impact.

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An organization, like ours, helps people and their organizations day by day to get the best out of themselves and each other. We prepare them to defy tomorrow's challenges. We stimulate learning and curiosity. In order for individual IT professionals and their employers, to build better, longer and more intensive relationships. For mutual benefit.

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