



Communication Fundamentals

Sarah's Flagship Course

*'This is the best presentation and communications training I've ever received. Packed full of practical and immediately implementable techniques.
No corporate BS either. More than just a professional training course, great everyday life skills too!'*

'I think it's the best and most insightful course I have done in the past 10 years – amazing!'



Overview

Participants come away with a strong grounding in the fundamentals of communication; an awareness of how they come across to others; how to maintain consistent personal impact; guidance of what their audiences and teams need; an experiential understanding of the body-breath-voice connection; strategies for managing stress and nerves; and an understanding of the psychology, physiology, and neuroscience of communication.

Location

This virtual course takes place via Zoom

Duration

5 days, 09:30–13:00 (17.5 hours)

The intense nature of this week-long training is designed to maintain momentum and build muscle memory. The half-day format secures afternoons for outstanding work, caring responsibilities, reflection, or technique practice.

Cost

£1,400 per individual

Group size

Maximum 4

The intimate group size ensures an exceptionally supportive environment with individual attention from Sarah. Participants get an immediate, non-biased 'practice audience' from whom they receive constructive feedback whilst developing skills without the pressure of being observed by friends or colleagues.

The course is designed for delegates at mid-management level (or equivalent) upwards.

Course content

- Personal impact
- Leadership style
- Vocal impact
- Virtual impact
- Managing anxieties and stress
- Productive meetings
- Finding communicative consistency and resilience
- Managing challenging conversations and behaviours
- Physical and vocal preparation for high-stakes communications or speaking engagements

'I felt the course gave me ways to grow and become a better communicator, and have a more positive impact on my colleagues, friends and family. Learning things like that, which I haven't got from many senior training courses over 16 odd years of professional working, is pretty special.'

Methodology

Training is about instilling communicative confidence and capability at a fundamental level. Sarah helps clients develop physical and psychological habits that can be drawn upon, both consciously and automatically. The objective is to encourage trustworthy, consistent, and authentic communication, ensuring that clients can speak with confidence, clarity, and ease.

Sarah offers a practical, pragmatic, no-nonsense approach to training, stripping away the complexity and noise around communication. She doesn't believe in tricks and shortcuts. Instead, clients work with tried and tested methods and techniques. Training draws on evidence and practice from voice work, neuroscience, psychology, behavioural change and leadership training in order to create bespoke, manageable and practical learning for individuals, teams and organisations.

Paying it forward

For every course place booked, Sarah will donate an hour of training to an organisation or individual who would otherwise be unable to access it. This may be a charity, school or individual.

'Sarah was absolutely amazing. I cannot praise her more highly. She showed genuine interest and warmth in each and every one of us. At the risk of repeating myself, it was quite simply the best course I've ever attended. I will be recommending this course to everyone!'

Dates 2022

- 17-21 January
- 21-25 February
- 14-18 March
- 11-15 April
- 16-20 May
- 13-17 June
- 18-22 July
- 19-23 September
- 24-28 October
- 14-18 November
- 12-16 December

'The course went beyond my expectations. There are a lot of things I am taking back and will practice. It has been amazing!'

'Sarah is a truly brilliant trainer, and I can't emphasise that enough! I found her completely credible and a refreshing change to the 'TED talk' approach you often see with similar coaches. She made the whole experience a joy.'

BOOK