



# NIMBLE FOUNDATION

318, Tulsiani Chambers, Nariman Point, Mumbai - 400021  
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Email: info@nimblefoundation.org  
Visit : <https://www.nimblefoundation.org>



## voice Culture & Speaking Skills Program



How will the workshop help you?

### 1. Overcome stage fright!

Stage fright is the biggest enemy of an individual's self-esteem. Stage fright makes you uncomfortable during your most important occasions. You lose opportunities! *PowerPacked Personality will help you overcome stage fright!*

### 2. Become a powerful speaker!

Voice Culture module which comprises a part of the training enables you to adopt a path of improvement of quality of voice, teach techniques of modulation. *PowerPacked Personality enables you to speak powerfully!*

### 3. Influence people!

People are influenced by what you speak and how you speak. The workshop includes exercises and techniques that will enhance your convincing abilities. The Workshop will put Power in your Personality *People will not only listen but also be highly influenced by what you say.*

### 4. Achieve your Money Goals!

Modules on 'Setting your Goals' and on 'Time Management' will empower you to work in a more focused and productive manner. With help from peers and team, you will become more productive and follow your money goals. *Undoubtedly 'PowerPacked Personality' will help you.*



### Voice Culture & Speaking Skills Theory content:

- Basics of Voice - Tone, Pitch etc.
- Importance of Breath, correct tone
- Types of Voice, Common Speaking defects
- Telephone Etiquette
- Poise & Body language



### Exercises for Clarity in communication:

- Pronunciation Techniques
- Accent Neutralization techniques

### Basic Voice Exercises:

- Exercises for development of Power in voice.
- Development of capacity & control in speech.

### Advanced Voice Exercises:

- Development of voice modulation.
- Practice pieces from famous plays.



### Interpersonal Skills:

- Making Positive Assumptions
- Being clear with what is desired
- Developing Aggressive Listening Skills
- Right Choice of Words
- Networking Strategies





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## voice Culture & Speaking Skills Program

### Background:

A training program will cover all transformational aspects of Personality Enhancement. This includes public speaking, voice and speech, communication, and a lot more. The learning activities covered will bring about an overall development of the individual with a focus on communication skills, higher self-esteem and morale. Details of the programme are as follows:



### Practical Training:

- Developing ability to handle difficult situations.
- Avoiding verbosity and sticking to the issue.
- Maintaining poise in tone and body language.
- Recitation of World Famous Speeches.

### Motivation & Confidence building:

- Techniques for enhancing self-esteem.
- Ability to stay calm in the face of odds.



### Activities & Role Plays:

- Interactive Role Plays.
- Feedback for improving performance.



### Voice Culture & Speaking Skills

- Basics of Voice - Tone, Pitch etc.
- Importance of Breath, correct tone
- Voice & Common Speaking defects
- Telephone Etiquette
- Poise & Body language



### Feedback & Comments:

- Ms. Jasmine Jose:**  
"Best part of workshop: it was a confidence boosting experience... Developed ability to connect with audience... Now love to come on the podium!"
- Mr. Rajesh Joshi:**  
"Power Packed Personality Workshop was indeed Power-Packed."
- Mr. Pradip Nettar:**  
"Very Participative with lots of encouragement for networking."
- Dr. Yash Shah:**  
"The experience was amazing! Very helpful to overcome Stage fight. Thank You!"
- Atul Jaiswal:**  
"Lots of team activities done to develop Team Building... Excellent platform to move forward in Improving Public Speaking & Communication Skills".

For more feedback visit  
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### Content:

#### Communication & Public Speaking

#### Public Speaking:

- Developing Speeches & Presentations
- Speech Delivery Techniques Handling

#### Stage Fright:

- Understanding nature & causes of Stage Fright
- Measures to prevent Stage Fright
- Relaxation Techniques before the Speech.

