

Day 1- Introduction and Confidence

Importance of communication

Where do people go wrong?

Myths about public speaking

How and where to start learning?

How to become a more confident person not just on stage but in life

Gestures that make you look nervous and how to avoid them

Scientifically proven tricks to reduce nervousness and anxiety

Day 2- Storytelling a weapon/ Effects of different hormones

How to use storytelling in every conversation

Types of hormones affecting attention and mood (dopamine, oxytocin, serotonin etc)

How to control and use these hormones in every type of conversation

Details about how brain works and communicates

Day 3- Content and delivery

How to make your content more relevant

Researching for presentation

Improving language

Adding relevant stories and examples

How to present data and numbers in a simple way

Tone

Body language mistakes and how to avoid them

How to get attention of your audience

Making a simple presentation more interesting by theatrical elements

What elements makes a presentation boring ?

Tips and tricks used by masters