



Duration

1 day (10:00-18:00)

Target audience

This workshop is a must for women who want to increase the impact they make within their professional or personal environments. Limited to only 10 participants.

Workshop description

Have you ever experienced any of the following?

- You remained silent because you didn't dare to speak up
- You kept quiet because no words came to mind at the time and later, you thought: "I should have said this or that"
- Your felt your opinion was not heard
- You were ignored or went unnoticed in meetings
- You have had your ideas rejected
- You felt "small" in front of strong personalities

You would like to get beyond your limits and:

- Become more assertive
- Master your body language and voice
- Think quickly on your feet
- Influence others

In this workshop you will:

- **Develop awareness of your preferred ways of communicating**
- **Discover new means of expression**
- **Identify your potential**
- **Find your own way to express yourself**

This program allows you to apply your learning immediately in a fast-paced but safe, experiential environment.

You will also relate these behaviors to specific situations in your daily life or work and will leave with a personal roadmap for moving forward and positively impacting your results.

Workshop objectives

During the workshop, participants will develop the following competencies:

- Ability to be fully in the moment
- Listening and observation skills
- Confidence in self and others
- Ability to respond confidently and intelligently in the moment
- Ability to adapt behavior as new situations arise
- Express feelings and emotions appropriately

Participants will also develop a personal action plan using tools learnt during the workshop and will define their own follow-up strategy.

Methods

Improvisation Theatre (aka Impro) is the art of acting without script or props: making everything up on the spot, in real time, following a set of guidelines and practices. When adapted to a business environment, the method is called *Applied Improvisation*.

The program intersperses practical and challenging activities from Improvisation Theater with periods for reflection and review.

Dates in Heidelberg

- Friday, 16 July 2010 (in English)
- Friday, 23 July 2010 (in German)

This public workshop can also be customized to your company's goals and facilitated at your site as a tailored workshop.

Information & Registration:

"IMPACT: More Presence, More Effect"

Participation € 350 +VAT (breaks, lunch, and hand-outs included)

For more information, please call 0162 91 70 468 or email fts@fts-training-consulting.com.

Registrations are confirmed after payment.

Please send the following information back to impact@fts-training-consulting.com

Workshop Date:

Name:.....

First Name:

Company:.....

Address:.....

.....

Tel.:

Mobile:

Email:

Bank
Sparkasse Heidelberg, D-69121 Heidelberg-
Handschuhsheim, Germany
Konto 0009107940 | Bankleitzahl 67250020

International Bank Account Number:
DE69 6725 0020 0009 1079 40
SWIFT-BIC SOLADES1HDB
Via SOLADEST (SWIFT Code LBBW)
Ust-IdNr.DE250872021



Facilitator:



Frédérique Thiriet-Smith has worked in international companies for over 25 years, successfully leading multicultural teams with various reporting structures.

What drives her is a love of facilitating change, cooperation and communication while focusing on the human aspects.

She is a French national who has lived in Germany since 1999.

During her 15+ years as an IT project manager, Frederique realized the keys to project success were brining the people together as a team and motivating them to achieve their bests – especially through competence development.

Captivated by Improvisation Theatre technique, Frederique realized its potential for positively impacting business professionals and now incorporates its concepts into training that delivers inspirational and compelling tools for personal development, team building, creativity, leadership and communication skills development.

Frederique promotes the use of experiential learning techniques in developing and improving professionals and business results with international companies, universities, and individual clients.

I can help you reach your goals:

For companies :

Consulting

- Competency models development
- Training needs analysis
- Training programs management
- Training course development

Training

- Cross-cultural awareness
- Cross-cultural communication
- Virtual team
- Leadership
- Interpersonal communication
- Train the Trainer

Coaching

- Team coaching
- Individual coaching

Team building

- Tailored workshops around an activity:
- Improvisation
 - Cooking

For individuals:

Training

Public workshops :

- Keys to successful international teamwork
- IMPACT: More Presence, More Effect
- Leading with the Serenity of Uncertainty
- Effektive deutsch-französische Zusammenarbeit: das Beste aus beiden Kulturen

Coaching

Individual coaching:

- Guidance and support during professional and/or personal changes:
- Goals clarification
 - Alignment with values
 - Motivation
 - Follow-up and continued development

Frédérique Thiriet-Smith
Burgstrasse 22
D-69121 Heidelberg
fts@fts-training-consulting.com
Tel + 49 (0) 162 91 70 468

IMPACT: More Presence, More Effect

Theater techniques that give you
the ability to influence