

BODY OF INFLUENCE

Course Aim

The course recognises the body as a vehicle for communication, insight and change and develops personal impact and achievement in business through physicality. The course examines physical grounding and breathing to enhance clarity of thought, speech and action. The training is about creating energy, making personal and professional changes and taking a pro-active approach to improving, presentation and influencing skills, presence and overall impact.

Course Components

Self Awareness:

- Authority – grounding
- Physical Presence – posture and walking
- Flexibility – relaxation techniques

Communication:

- Listening – tuning in
- Noticing – seeing and sensing
- Building rapport

Personal Impact:

- Pace, Pause & Emphasis
- Expression through the body
- Keeping your audience engaged and inspired

Blindspots

- Dealing with pressure – physical strategies to address nerves
- Left/right and brain/body integration
- Addressing communication blocks and difficulties through physical exercises

The Physical Intelligence tutor is an experienced performer in dance and has excellent creative and corporate credentials to teach physical and vocal presence to people in business. The training uses physical tasks, challenges and games, explored in pairs or in groups.

This is a one day in-house course for up to 8 people.

In-house Course:

(approx 8 delegates)
£2,500 + VAT
plus tutor/venue expenses
where applicable

Contact:

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This course is run by RADA's commercial subsidiary RADA Enterprises Ltd. Established in 2001 RADA Enterprises makes the unique skills and experience of the Academy available to corporate, government, institutional and individual clients. All profits from RADA Enterprises Ltd are gifted to RADA and therefore, support the next generation of actors.

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