

Communication at work

How to be heard without being hard

Communication is key at work. Our voice plays a profound part in our communication and the way we express defines us. Whether on the phone, one-to-one in person, in a meeting or addressing an audience, are we able to express ourselves with a true sense of presence and authority, without stress or push?

We can find it hard to express ourselves in the workplace. We wear the mask of wanting to do good, needing recognition, and are afraid to speak up about how we truly feel. We can find it hard to be ourselves, to give honest feedback and to truly listen to another. When we do speak up, we tend to push and harden our voice in order to be heard. This not only causes others stress, but ourselves as well. But what if there is another way?

With some simple techniques and experiences through voice and song, Chris James will support you during this interactive workshop and inspire you to redefine the way you communicate and express yourself. Along the way, you will naturally address and let go of stress, self-doubt, and experience the innate joy and power of a free-flowing, full and resonant voice with clarity, ease and true authority.



Chris James, Internationally acclaimed musician, singer and voice coach

Chris James has been teaching internationally for over 25 years, presenting workshops and private sessions for the general public, corporate companies, medical staff, police and defence force as well as schools.

www.chrisjames.net

Date: Friday 4th of October 2019 | **Time:** registration 10.00 am. Start 10.30 am, end 3.30pm | **Price:** 110 euro excl tax & incl lunch (after registration payrequest via email)
Location: Quint Trainingsruimtes, De Oude Molen 4, Amstelveen | **Bookings & info**
info@evolveevents.nl