



Contribution ID: 39

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Vocal Power –Speak with Confidence and Clarity

Saturday 20 September 2025 13:00 (1h 30m)

How do I project my voice? Where should I stand? How do I come across as a speaker? This interactive workshop focuses on strengthening your vocal presence and body language to help you become a more confident, clear, and engaging communicator. We'll address common speaking fears and challenges—including imposter syndrome and performance anxiety—and explore practical strategies such as breath control, calming techniques, and vocal warm-ups. Participants will take part in a short recording session with feedback and leave with a personalized toolbox of exercises to continue building vocal strength and presence. We'll also share essential tips for protecting your voice during high-demand events like conferences and presentations.

Presenter: KAUFMAN, Elena

Session Classification: Workshops