Presence and Impact

Mastering the impact of our behaviour, and adjusting to the situations we find ourselves in, can be a lifelong endeavour. This session accelerates individuals' awareness and ability by experiencing the best of drama school and improv training. Participants leave more confident, fluent, and able to have presence and impact in the corporate environment.

Learning Objectives

- Explore practical techniques borrowed from theatre and improvisation to better understand and develop their personal impact
- Recognise and overcome the blocks (both mental and physical) that get in the way of being their authentic best
- Understand and practice how to flex their level of impact using focus, body and voice

Learning Outcomes

- Participants recognise their own unhelpful patterns and have access to practical strategies to overcome these
- Participants understand the impact of their behaviour, and how to adjust it to best suit the situation
- When put on the spot, participants can positively manage their state, allowing them to perform at their best

The Session

Undertaking a series of theatre and improvisation exercises, participants identify what is stopping them being fully present. Recognising and overcoming their mental and physical blocks allows them to be at their authentic best. Voice and body language practices give participants greater control over the impression they make. They develop practical strategies to stay connected under pressure, examine their behaviour in a team environment and use impro exercises to become more succinct and present.

The day is bookended by filmed presentations and immediate playback. Self-reflection together with feedback from facilitators and the group, is a rich source of development.

Presence and Impact has been running for ten years, with consistently positive feedback. The programme is facilitated by two theatre and stand-up professionals with many years of experience in the creative fields. Julia Haythorn and Catherine Semark have spent the last 20-plus years coaching and facilitating in corporate environments.

"Our aim is to create a complete shift in perception by challenging participants' limiting beliefs. We encourage them to embrace improv exercises, which have a robust payoff and direct application to the workplace skills they need. I love seeing them apply these techniques in their short presentations - and we can see a transformation in their presence, confidence and fluency."

"It is brilliant to see participants who are initially very wary at the thought of 'acting' realise that these are not just performance skills, but real-life skills. We often begin with voices that are breathy and indistinct with overuse of upward inflection, and end with clear, strong and expressive voices that fill the room. I love the moment when the softly spoken person experiences their full projected voice for the first time!"

