

# Course : Dare to express yourself in a group and gain confidence

Practical course - 3d - 21h00 - Ref. XPG

Price : 1790 € E.T.

★★★★☆ 4,9 / 5

BEST

This training course is designed to help you overcome the obstacles that stand in the way of your ability to express yourself with confidence and impact. You'll learn how to identify the factors that hinder your expression, and how to overcome them using concrete, effective tools. By improving your interventions, you'll enrich your interactions within the team while boosting your self-confidence.

## Teaching objectives

At the end of the training, the participant will be able to:

- ✓ Adopt assertive communication
- ✓ Express yourself in a group and identify the different types of participants
- ✓ Train yourself to channel the aggressiveness of your interlocutors
- ✓ Mastering verbal and non-verbal communication

## Intended audience

Anyone required to speak in public in a professional context

## Prerequisites

No

## Course schedule

### PARTICIPANTS

Anyone required to speak in public in a professional context

### PREREQUISITES

No

### TRAINER QUALIFICATIONS

The experts leading the training are specialists in the covered subjects. They have been approved by our instructional teams for both their professional knowledge and their teaching ability, for each course they teach. They have at least five to ten years of experience in their field and hold (or have held) decision-making positions in companies.

### ASSESSMENT TERMS

The trainer evaluates each participant's academic progress throughout the training using multiple choice, scenarios, hands-on work and more. Participants also complete a placement test before and after the course to measure the skills they've developed.

### TEACHING AIDS AND TECHNICAL RESOURCES

- The main teaching aids and instructional methods used in the training are audiovisual aids, documentation and course material, hands-on application exercises and corrected exercises for practical training courses, case studies and coverage of real cases for training seminars.
- At the end of each course or seminar, ORSYS provides participants with a course evaluation questionnaire that is analysed by our instructional teams.
- A check-in sheet for each half-day of attendance is provided at the end of the training, along with a course completion certificate if the trainee attended the entire session.

## 1 Know yourself better and assert yourself

### Compétences visées

- Understanding the notion of assertiveness
- Adopt the concept of assertiveness
- Become aware of the benefits of assertive behavior in your professional and personal context
- Identify different relational attitudes (escape, attack...)
- Understanding sensory communication channels: VAKOG (Visual, Auditory, Kinesthetic, Olfactory, Gustatory)

### Activités pédagogiques

- Self-assessment: assessing your level of assertiveness
- Individual and group reflections: exchanges on relational attitudes and assertiveness
- Launch of an individual action plan: definition of areas for progress, objectives and schedule

### Outils et méthodes

- Assertiveness self-diagnosis (example: Gordon test)

## 2 Dare to say and know how to say

### Compétences visées

- Strengthen self-confidence and trust in others
- Optimizing your image
- Be more involved in a group and gain in spontaneity
- Getting a delicate message across
- Daring to say no
- Dealing with objections

### Activités pédagogiques

- Case studies: simulated interviews to develop assertive communication, respond effectively to criticism and demonstrate assertiveness.
- Enriching the individual action plan

### Outils et méthodes

- Assertiveness techniques
- Techniques for dealing with objections

#### TERMS AND DEADLINES

Registration must be completed 24 hours before the start of the training.

#### ACCESSIBILITY FOR PEOPLE WITH DISABILITIES

Do you need special accessibility accommodations? Contact Mrs. Fosse, Disability Manager, at psh-accueil@orsys.fr to review your request and its feasibility.

### 3 Overcoming communication barriers

#### Compétences visées

- Avoid judgments and accusations
- Establish a close relationship with the person you're talking to
- Controlling what is said: regulating
- Keeping self-control
- Coping with aggression through resourceful attitudes

#### Activités pédagogiques

- Role-playing: simulated interviews to learn how to channel the aggressiveness of the interviewer and overcome a difficult situation.
- Enriching the individual action plan

#### Outils et méthodes

- Conflict management techniques

### 4 Expressing yourself in a group

#### Compétences visées

- Learn about different animation styles
- Expressing yourself in a group: formulating what you want to say
- Practicing active listening
- Identify the types of participants (talkative, shy, deviant...) and the attitudes to adopt.
- Responding to objections and contradictions

#### Activités pédagogiques

- Practical exercise: preparing a speech with a hook and introduction
- Case studies: simulated interviews to practice argumentation techniques
- Enriching the individual action plan

#### Outils et méthodes

- Active listening techniques
- Speaking techniques
- Argumentation techniques

## 5 Mastering verbal and non-verbal communication

### Compétences visées

- Control your voice: intensity, intonation, flow
- Better articulation, rhythm and silence management
- Diversify gestures: lively, positive, wide gestures...
- Manage posture and support
- Control your breathing

### Activités pédagogiques

- Case studies: coordinating gestures when speaking in public
- Role-playing: speaking in different professional situations
- Finalizing the individual action plan

### Outils et méthodes

- Breathing techniques
- Anchoring techniques

## Dates and locations

### REMOTE CLASS

2026 : 22 June, 19 Aug., 16 Sep., 30 Nov.

### PARIS LA DÉFENSE

2026 : 15 Apr., 22 June, 19 Aug., 16 Sep., 30 Nov.

### LILLE

2026 : 16 Sep.