

Course : Successful public speaking

Practical course - 1d - 7h00 - Ref. LUN

Price : 790 € E.T.

NEW

Learn to speak in public with impact and confidence. In just one day, master the fundamentals of oral communication, work on your voice and posture, and develop a charismatic presence to captivate, convince and inspire your audience.

Teaching objectives

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

- ✓ Efficiently structure an oral presentation.
- ✓ Use voice, tone and rhythm to capture attention.
- ✓ Control your body language and posture to reinforce your message.
- ✓ Generate support through thoughtful communication.

Intended audience

Anyone who needs to speak in public, lead meetings, present a project or defend an idea, whatever their level of experience.

Prerequisites

None.

Course schedule

1 Master the fundamentals of oral communication

- Understand the 3 "Vs" of communication (verbal, vocal, visual).
- Structure your speech according to the 3 stages: introduction, development, conclusion.
- Use the 3 repetitions to reinforce the memorization of the message.
- Adjust your speech to suit the audience and the context.

Hands-on work

Construction of a mini-discourse in 3 parts and filmed presentation.

PARTICIPANTS

Anyone who needs to speak in public, lead meetings, present a project or defend an idea, whatever their level of experience.

PREREQUISITES

None.

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.

2 Developing the power of your voice and paraverbals

- Control your breathing for stable, fluid diction.
- Work on articulation and pronunciation for crystal-clear expression.
- Manage punctuation and silences to set the pace of your speech.
- Vary intonation to maintain audience interest.

Hands-on work

Vocal exercises, abdominal breathing, expressive reading aloud.

3 Reinforcing the impact of non-verbal communication

- Adopt an open, confident posture.
- Use gestures to support speech without interfering with it.
- Manage the gaze to establish a connection with the audience.
- Use smiles to build trust and authenticity.

Hands-on work

Staging and collective analysis of postures and gestures.

4 Convincing and winning over customers

- Develop a clear intention: inform, persuade, inspire.
- Adapt your speech to the nature and expectations of your audience.
- Use anecdotes and emotions to capture attention.
- Manage stress and turn stage fright into positive energy.

Hands-on work

3-minute personal pitch, group debriefing and individual action plan.

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.

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.

Dates and locations

REMOTE CLASS

2026 : 19 June, 25 Sep., 14 Dec.

LUXEMBOURG

2026 : 12 June, 18 Sep., 7 Dec.