

2 IMPACTFUL COMMUNICATION WORKSHOPS

Modern Techniques for Impactful Communication

Course - 1

Building Confidence

December 10, 2019 | Marriott Hotel – Karachi | 9:30 am – 5:00 pm

Course - 2

Creating Impact

December 11, 2019 | Marriott Hotel – Karachi | 9:30 am – 5:00 pm

Facilitated by 2 Communication Experts



Omar Farooq

- Certified life coach and NLP practitioner from American Board of Neuro-linguistic programming
- Former News Anchor
- Entrepreneur and organic food business owner
- Musician and Music Producer
- Graduate in Economics from University of London

&

Mehreen Farooq

- Associate Professor at NCA Film and TV department
- Assistant Director Ajoka Theatre
- Head of Theatre department LGS International
- Masters in text and performance from Royal Academy of Dramatic Arts London
- Seasoned theatre professional from Singapore

COURSE OVERVIEW

The “2 Impactful Communication Workshops” have been designed for anyone looking to improve the quality of their communication, be authentic when speaking and master their ability to influence, impact and inspire. Whether you’re a leader or in middle management, a sales executive advertising guru or a frequent presenter or public speaker - the essential skills taught in these programs have been designed using international theatre techniques as well as established NLP practices that will help you over-come internal obstacles to saying what you really mean to say while controlling your emotions as well as mastering your ability to observe others and communicate in a way that guarantees you will be able to impact, influence, inspire and persuade.

Both workshops will be conducted by the 2 Facilitators

For Details:

Karachi: 021-34547141, 34520093, 34536306

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Helping You Succeed!

BUILDING CONFIDENCE

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Clarity Tool to establish Communication Goals and Identify Problems

Exploring Verbal and Non-Verbal Communication

Body Language (55%) and Tonicity (38%)

Understanding another's Non-Verbal Cues (Sensory Acuity)

- What is calibration and incongruence in communication
- Breathing patterns
- Changes in lower lip Size
- Changes in skin colour
- What different body postures mean
- Tonicity (Volume, tempo, pitch, rhythm and voice quality)
- Eye patterns and what they mean

Theatre Techniques for Authentic and Effective Communication

Relaxed Readiness

- What is relaxed readiness and how do we achieve and maintain it?
- Finding your "Body-neutral"
- "Body-neutral" as a quick release for stress and anxiety in a high pressure environment
- Using "body-neutral" to communicate authentically and keep a clear mind for coherency and articulation
- How "Body-Neutral" can help you save huge amounts of energy during the day and keep you alert, active and fresh
- The physiology of "Body-Neutral" and how to improve the quality of your voice for impact and influence and to increase vocal resonance

- Theatre Techniques for breathing and voice control
- Finding your "neutral-voice" – the voice at which your body was designed to speak naturally and calmly
- Relaxing the larynx when speaking
- Controlling tempo, volume, pitch, rhythm and voice quality
- Using "Body-Neutral" and "Neutral-Voice" together to stay relaxed and ready at all times for action

Intention in Communication

- Setting your intention before communicating
- The power of intention and how our non-verbal cues communicate our intention authentically
- Using relaxed readiness and intention together to control the energy we are giving off while communicating

Contact Improvisation

- Being vulnerable as strength not a weakness
- Boosting connectivity when communicating one to one, to a group or a large audience
- Eye contact and facial expressions

Establishing Rapport

- Finding common ground
- Matching and mirroring
- Pacing and leading

LEARNING OUTCOMES:

- **BECOME** a pro at managing stress and anxiety
- **OOZE** confidence, get out of your shell and embrace who you truly are
- **BECOME** an authentic and impactful communicator who can influence and inspire
- **AMPLIFY** the quality of your relationships by learning how to control emotions in high stress situations
- **MASTER** your charisma and stage presence
- **BECOME** an expert at presenting and keeping an audience engaged
- **BOOST** the powers of your observation by becoming a master of other people's non- verbal cues

WHO SHOULD ATTEND:

- **People in Managerial** roles and team leads who need to communicate effectively with their team across departments
- **People in Sales** roles
- **People in Advertising**, Public Speakers, frequent Presenters and University Lecturers
- **People in Leadership** roles who want to improve their ability to influence, impact and inspire

CREATING IMPACT

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The Art of Story-telling:

- Story arcs (Clear beginning, middle and end/punchline)
- Knowing your punchline before telling the story
- Keeping a clear head for coherency of thought and articulation
- Using expressions, tonality, pace, volume, resonance, body posture and rhythm for maximum impact during public speaking/presentations
- Mastering the art of stage presence by being in control of the energy you are giving off and your non-verbal communication

Owning the Room:

- Learn how to control the energy of a room with your voice and body language
- Know your content through and through, learn how to make key points that you can remember easily
- Master how to feel the energy of the crowd by using your intuition
- Use the art of observation to connect with the crowd
- Learn how to inject humor and keep your mood light so that people enjoy watching and listening to you
- Introduction to NLP concepts

- What is the unconscious mind?
- What are its characteristics
- How does it play a role in our unconscious reactions and internal thought processes
- The conscious mind as a gatekeeper to the unconscious mind

Meditation and the Law of Attraction:

- How the story you hold about your life so far plays a role in your day to day
- How to create a positive story-line of your experiences so far
- Identifying and creating a vision for the "12 Areas of Life" grouped into experiences, growth and contribution

Using NLP to get over the fear of public speaking

- Group NLP techniques to identify and remove the different fears we hold when we have to go in front of a large crowd
- Learn about swish techniques and sub-modalities to gain greater control over your mind and over-come minor obstacles in communication
- How to let go of annoying thoughts and memories that can become obstacles to communicating effectively



What Previous Participants have said about Omar & Mehreen Farooq



“Omar and Mehreen's personalized training approach has nothing parallel to it. The results are visible in the first session. If you want to be more mindful, confident, articulate and persuasive, this program is the best!”

Muhammad Saleh, HR Business Partner, House of Habib

“I knew I wanted to change my lifestyle and work on my anxiety issues, I did not understand my patterns and the process of how to change my responses to my circumstances but doing only one session with Omar & Mehreen has changed all that. I feel more at peace now.”

Umar Qamar, CEO & Founder, Export Left-Overs

“Omar and Mehreen's "Theatre for Life" program I attended really motivated me and conveyed the importance of non-verbal communication in truly "getting what you want" their 4 week program and did wonders in bringing out my inner power. I would recommend this program to anyone who wishes to be a better public speaker, workplace communicator or socially viable individual.”

Bilal Mumtaz, Director - Sehat.com.pk

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TALK!

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2 Separate Programs

Course - 1

Building Confidence Workshop

PKR **15,000** +SST Per Participant

Course - 2

Creating Impact Workshop

PKR **15,000** +SST Per Participant

Register in both Workshops

Pay PKR 25,000/+SST per participant &

SAVE PKR 5,000/

Group Discount

3+

Nominations. Pay
PKR **12,500** +SST
per participant

FEE INCLUDES:

5 Star Hotel Venue for Training, Course Material, Certificate of Attendance, Lunch, Refreshments & Business Networking

Bring this program In-house at attractive discount

This workshop can be customized to suit specific needs of your organization which may lead to significant savings. Please contact **Sarim Atique** at sarim.atique@octara.com or call at **0345-8949470**

UPCOMING PROGRAMS

in 2019 - 2020

December 5, 2019 - Karachi

Solving Problems with Design Thinking

by Mark Stuart

December 6, 2019 - Karachi

Leading & Managing Change

by Mark Stuart

December 11, 2019 - Karachi

Visually Effective Excel Dashboard

by Irfan Bakaly

December 12, 2019 - Karachi

MS Power BI Including DAX & Queries

by Irfan Bakaly

January 16, 2020 - Karachi

Sales Leadership

Key Strength for all the Winning Organizations

by Shahzad Akhtar

January 21, 2020 - Karachi

People Process Execution

Getting Things Done

by Suhail Farooq

January 23, 2020 - Karachi

Supply Chain Management

by Yalman Ansari

Procurement into Future

by Andy Skowronski

Designing Employee Experience

A Design Thinking workshop for HR professionals

by Frederik Haentjens

Understanding Fintech and

Cryptocurrencies

Petros Geroulanos

...& More



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