

Transformational Leader Coaching

One-on-one individual sessions



INTENSIVE IN-DEPTH COACHING FOR LEADERS

7 sessions

- **Communication** with High Impact specialist Paul Barrett (4 sessions)
- **Performance** with vocal and breath specialist Catharina

von Bargaen

(3 sessions)

- **Access to Online Training "High Impact Presenting"**
(15 modules) for one full year

Live Coaching - sessions of 3 hours

HIGH IMPACT PRESENTING with Paul Barrett:

1st session

- High Impact as an ambition - Getting Leverage
- Confidence – the essential levers
- 3 fundamental paradigms in communication
- Personal dimension essential for presence/charisma – how to “inspire”
- Building relationship with how you are perceived (video feedback)

2nd session

- 7 power behaviors
- Leadership and stage presence – keys to personal power
- Making fear and anxiety work for you
- 50/50 rule – communication as shared responsibility
- Powerful & Ethical leadership positioning

3rd session

- Structuring a message for impact
- THE technique for effective preparation
- Creativity as component of impact
- Creating impactful slides
- 3 D Communication in content and style

4th session

- Keynote presentations – creating a dialogue
- Dealing with destabilization – under fire (Q and A etc)
- Leveraging principles of flexibility and simplicity
- Rhetorical questions – transitions & owning the structure
- Storytelling – the 6 stories all leaders should know how to tell

POWER OF VOICE AND BREATH with Catharina von Bargaen:

1st session

- Creating body awareness, attention from mind to body -> Presence
- How to embody your message: Grounded, Aligned, Open, Flexible
- Stress management: Breath best tool to reverse stress spiral

- Connecting to physical intelligence
- Creating a deep abdominal breath -> more powerful and projecting voice
- Full Transformational Breath® session

2nd session

- Emotional Intelligence: What is it? How increase it?
- How to transform "negative emotions" to fuel adequate action
- Be at ease on stage despite your self sabotage programs
- Presenting with full vocal energy
- Building a breathing habit as a transformative tool
- Full Transformational Breath® session

3rd session

- Get into your power!
- Deepening the breathing response – access unknown resources
- Connecting to your higher purpose - bringing more meaning to your work
- Be fully YOU - Finding your unique voice
- Full Transformational Breath® session

ONLINE COACHING High Impact Presenting:

15 video modules available for One Year 24/7

« High Impact Presenting – the online course » follows the 3 part process of the creation of a High Impact presentation from start to finish.

1st Phase : **Alignment** (5 modules)

2nd Phase : **Empowerment** (5 modules)

3rd Phase : **Ownership** (5 modules)

FEEDBACK – PARTICIPANTS

"I observed after this training an incredible transformation, that I tested several times at live events, one being a keynote in front of 500 people.

Not only a lot of people noticed this transformation, and I felt myself much more at ease, but the confidence gained thanks to this training made me feel a lot more impactful."

Pierre-Louis de Guillebon

CEO - Orange International Carriers

"Very experienced coaches, simple teaching, easy to understand and memorize. Examples which illustrate perfectly the theoretical content. Highly recommended."


François Dacquin

CEO Wealth Management BNP PARIBAS Luxembourg

“Astonishing transformation! A real before and after.”

Dominique Schelcher

Président Système U

Retour site  (<https://www.catharinvonbargen.com/so/5dN0ARFTM/c?>

[w=NlzAgoupttioptVHjGRxABfkgSFQms1C9KWCV58yAeg.eyJ1ljoiaHR0cHM6Ly93d3cudHJhbnNmb3JtYXRpb25h](https://www.catharinvonbargen.com/so/5dN0ARFTM/c?w=NlzAgoupttioptVHjGRxABfkgSFQms1C9KWCV58yAeg.eyJ1ljoiaHR0cHM6Ly93d3cudHJhbnNmb3JtYXRpb25h)