

Polymath House Oy - Presents
'Improve your voice' with Darren Mcstay

These workshops provide practical hands-on training aimed at effectively improving the client's skill-set for public speaking. Although taught in English, in practice, these techniques are not restricted to any one language.

Each workshop* is focused on enabling students to discover ways in which they can better enhance not only their vocal capability but also develop and improve confidence, presence, intention, and self-awareness.

All these factors contribute to creating a more grounded and effective communicator, not just as a speaker but in other areas of life also.

Bringing words to life

When pitching, presenting, and any situation that calls for speaking aloud in front of others (this includes job interviews and work meetings), many of us can feel intimidated and become self-conscious.

These anxieties become detrimental to our goal and can hinder the message we are trying to relay. We get overstimulated with adrenaline which causes unwanted tension, we dry up and become incapable of articulating the precise message intended.

This workshop covers a mix of both physical exercises and theoretical study aimed at bringing both body and mind together in alignment so that the speaker can be present (in the moment) articulate and able deliver a dynamic, clear presentation free from self-criticism.

Self Awareness And The Story We Tell Without Words

Body language can be a powerful indicator of our true feelings, thoughts and intentions. It is often difficult to hide the story we tell with our bodies, even if we acknowledge and understand how we present ourselves. However, we can choose our attitude and take appropriate action to gain more control over our subconscious opinions of others and in turn, neutralise how we may be perceived.

In this hands-on workshop, Darren has created some fun educational games which enable students to understand better the story they tell without words as well as stereotypes, archetypes and how recognition of these can be of great benefit to us in business, performance and life.

Clients will gain a keener sense of self-awareness and better understand their effect on others as well as becoming better able to listen and read the room.

**Voice work is physical and clients will be expected to move their bodies, so we suggest flexible clothing for these sessions.*