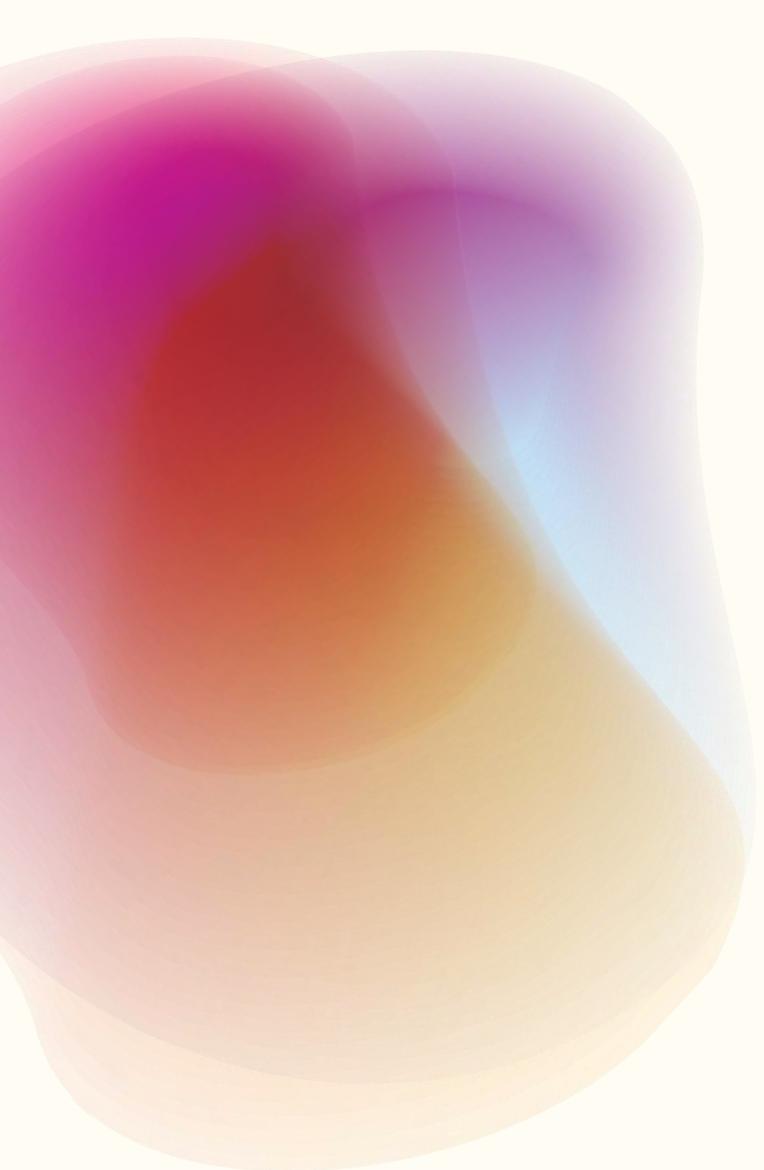


*What is my
training style?*





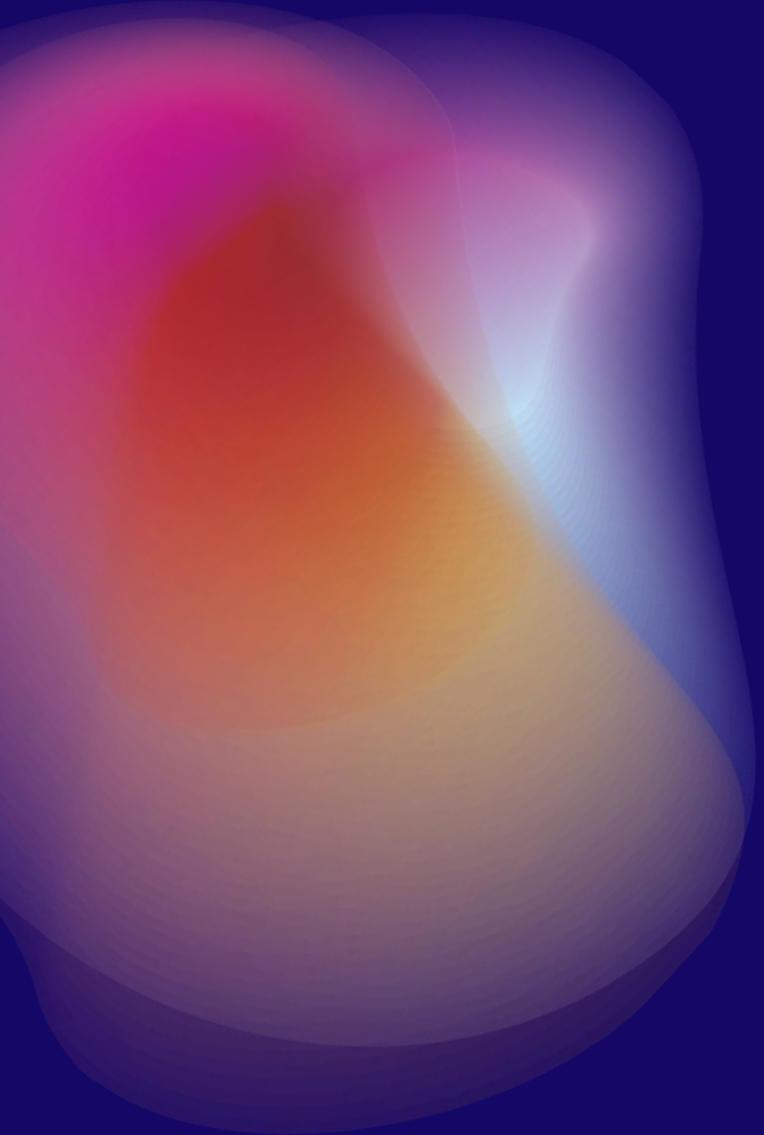
As a certified trainer, I can create personalized training which corresponds to your different communication, soft skills, and intercultural training needs.

I work with corporations, startups, business and communication schools,

*My conviction is that **learning should be fun!***

My training programs are always, a mix of 20% theory and 80% experimentation, I use interaction, gamification, role play, & reverse pedagogy as often as possible.





More and more **facilitation** is a sought after skill which can be used for collective intelligence and to help motivate trainees in their training process.

A trainee who is an active participant of his training will be much more interested and invested in the learning process.

I can either work as a trainer/facilitator for your training program or collaborate and co create personalized training programs for you.

If you need to organize a very large event, I have a wonderful network of trainers and partners that I work with regularly.

Let's reimagine your training!



**You can hire me either to create your training program,
OR as a trainer of your method.**

For who?

Corporate and Startup teams, students, associations

How long?

Training can be half day, full day or several days depending on the time and budget you have available

Where?

in person or by Zoom/Teams

Language?

English or French

Rate?

contact me directly



What are my training programs?

Depending on your needs we can explore many different topics and combine the subjects that are most useful for you to make tailor-made training for your teams

Leadership posture and collaboration

Charisma Presence
Effective feedback, listening skills

Onboarding, team building,
Intercultural communication and management

Interpersonal communication
Communicate with different personalities using
DISC, Process Communication
Difficult conversations

Soft Skills personal development,
Self confidence, self esteem



What are my training programs?

Depending on your needs we can explore many different topics and combine the subjects that are most useful for you to make tailor-made training for your teams

Public Speaking

How to write **Mic drop** keynote speeches and conferences

Effective speech structures, rhetoric, storytelling, pitching,

Non verbal & paraverbal communication, stage presence

How to manage stress, Improvisation exercises

Preparation of eloquence and public speaking contests,



Leadership Posture Charisma Presence

What are the different postures that are important in leadership? What posture is necessary at what moment to lead, motivate, and inspire?

Charisma Myth...

People often believe that you are born with charisma or you aren't.

When in fact Charisma is **something that can be learned!**

What makes **charismatic leaders?**

Different kinds of charisma

How you can acquire it, and what can block it?

Presence is fundamental to charisma, leadership and great communication. I can help you understand the keys to presence and how to develop 'your presence'.



Leadership postures effective feedback and listening skills

Effective Useful Feedback

What is feedback?

When do we give effective feedback?

How do we give effective feedback?

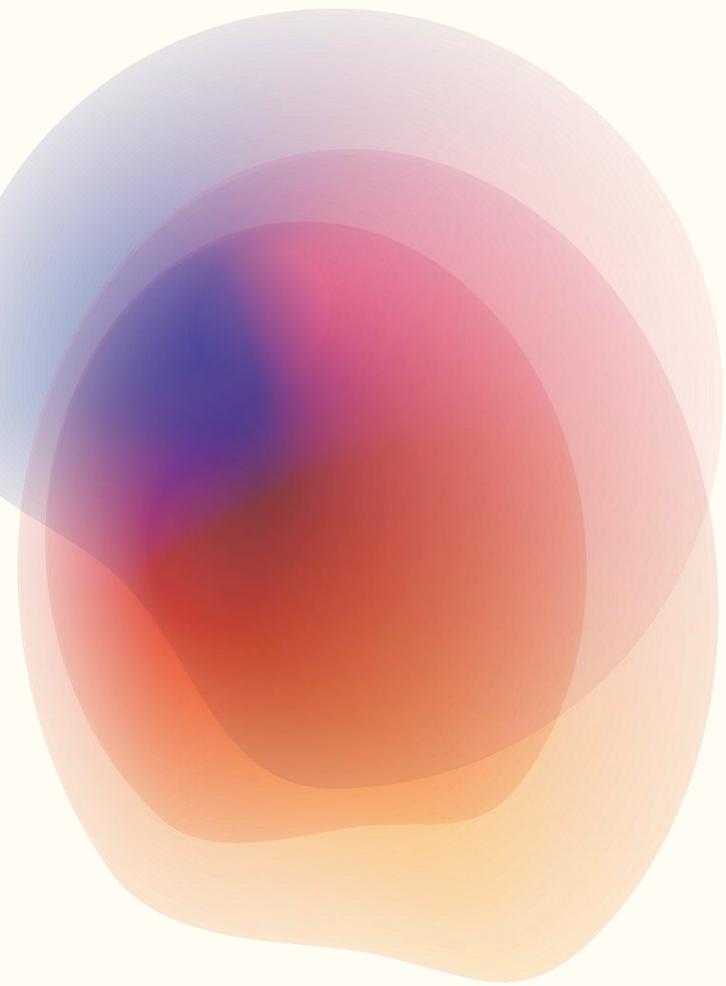
How not to give feedback.

Listening skills

How do we listen to people?

What are the different levels of listening?





Intercultural Communication

If you are someone who works with many different cultures, understanding the subtleties of communication with different cultures can **immensely help you** to create stronger relationships and partnerships.

Understand different theoretical notions of culture and learn how to bridge the differences.



Intercultural Communication

My trainings are for international companies and international business schools. They always mix theory and fun exercises.

I have designed several **onboarding programs** for international students as well as intercultural communication and understanding courses.

- What is culture?
- Polychronic and Monochronic cultures
- High and low context cultures, direct and non-direct negative feedback styles
- The way to disagree or show emotion with different cultures
- Different conversation styles
- The importance different cultures place on tasks vs relationships
- Leading, deciding, and scheduling differences



Interpersonal Communication/Teamwork

Difficult Conversations

Learning how to communicate with different personalities and work better in teams by understanding

- DISC, Process Com
- Different keys to win friends and influence people.
- The importance of nonverbal communication, body language and voice in your interpersonal communication
- Understand the keys to have effective, difficult conversations to communicate your needs and help others to change and progress.
- The keys to nonviolent communication.





Softskills, Personal Development

Self confidence, Self Esteem

Softskills are human skills. Before we can work well with others we need to understand ourselves.

What are our values and needs?

What are our strengths and competences?

How can we develop our self esteem and self confidence to make better decisions for ourselves and communicate well with others.

Mastering softskills and understanding ourselves makes us very fulfilled humans and valuable collaborators.

Softskills are invaluable competances whether you are a student, an active professional, manager or leader.

Public Speaking

Great public speakers understand that to make a *Mic Drop* speech you need both amazing content/structure AND outstanding presentation skills.

I can help you to

- Write mic drop speeches and conferences by using effective speech structures: rhetoric, storytelling, pitching.
- Master the keys to great nonverbal & paraverbal communication, charisma and stage presence
- Succeed your improv speech situations
- Understand and manage your fear and stress of public speaking.



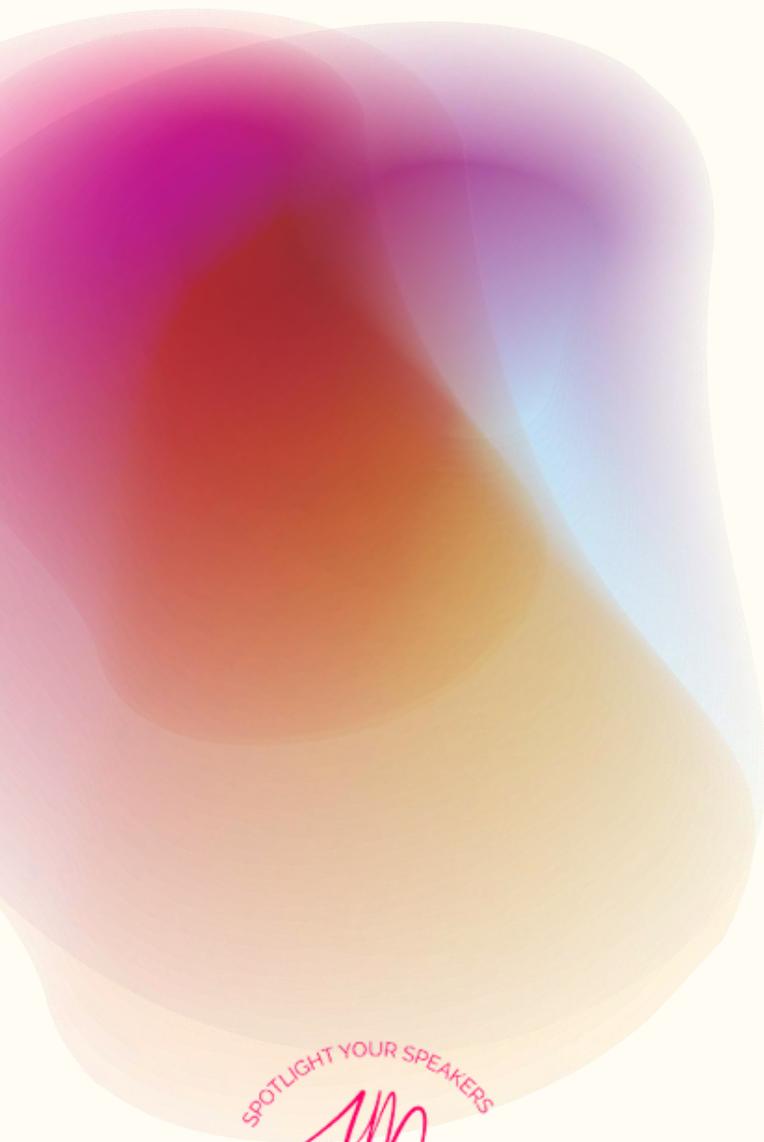
Eloquence and Public Speaking contests

More and more business and communication schools see the benefits of organizing public speaking and eloquence contests for students. It gives them a chance to grow, build confidence and challenge themselves, develop their public speaking and leadership skills.

I can help you to

- Organize your contest
- Prepare your students for the contest
- Judge your contest





My training sessions always include

Clarification of your training objective to begin with to understand your training needs.

Personalization of your training.

20% theory and 80% interaction, teamwork, reverse pedagogy, gamification.

A **toolbox** to take with you so that you can continue to benefit from all the resources after the training is finished.



I would be
delighted to meet you
and discuss
your training needs!

Let's talk!



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*Johanna Morillon**

Certified Professional Coach RNCP & Trainer

MC – Event Host – Panel Moderator

English – French

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