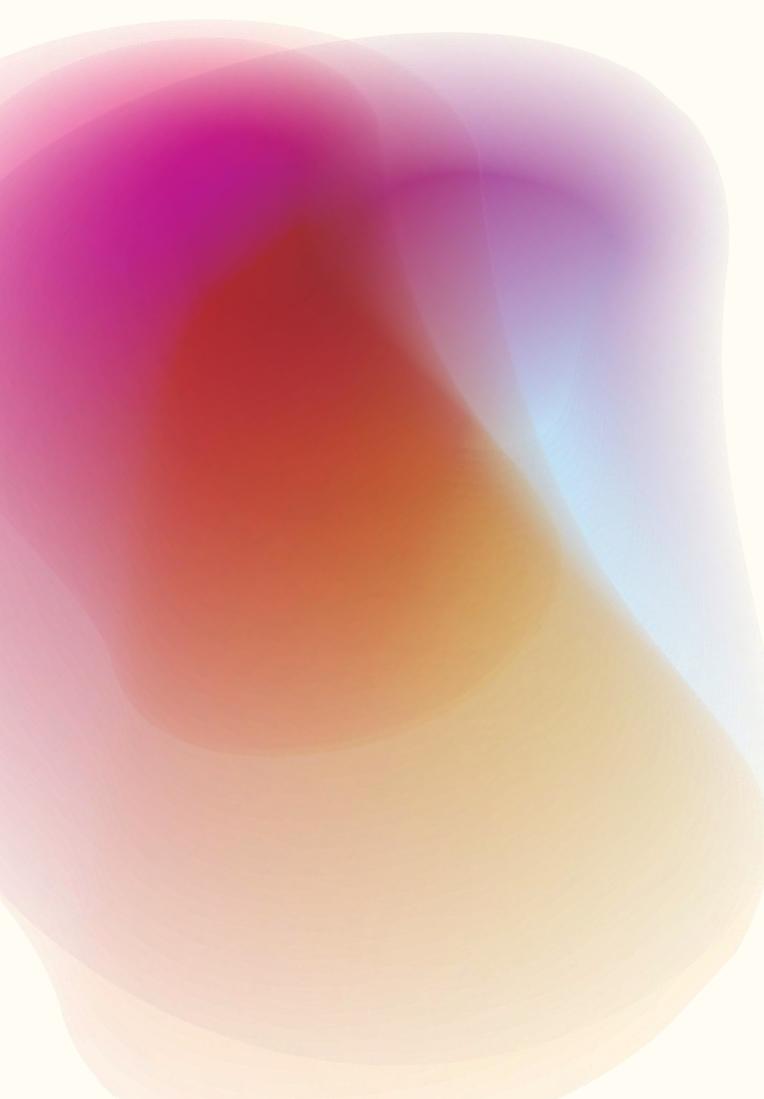


*What is my  
coaching style?*





## *Coaching is a journey*

that starts on the inside...  
a coach is a guide to help you  
find your path to great communication.

My coaching combines  
both coaching techniques  
and training exercises  
to help you understand your natural talents  
and your blocks to communication.

Each person is different,  
his past experiences and present needs are unique.

*My style of coaching is **transformative coaching.***



## *I can help you to*

Understand and change how you speak to yourself  
and  
find **your inner essence and sparkle!**

Learn how to connect and create better relationships

Understand different personalities and  
cultures to make conversations fluid...

Manage difficult discussions

Make an impact, inspire, persuade and influence  
change,

**Whether you speak with one person,  
or in front of 1000 people.**



# Individual coaching sessions are determined on your needs and objective.



## For who?

Any person who wishes to unleash and empower his communication personally or professionally.  
Leaders, Managers, Entrepreneurs,  
Professional Conference Speakers

## How many sessions?

Typically 8 – 10 sessions

## How long?

1.5 hours, twice a month

\*Accelerated sessions are also possible if you need coaching before an important event

## Where?

in person or by Zoom

## Language?

English or French

## Rate?

contact me directly,

### \*Pro bono coaching:

I do 1/2 day of pro bono coaching per month for students, associations or people who can't afford private coaching.

**What's** often blocking

great communication is a **lack of confidence** or self-esteem.

**Imposter syndrome** is something much more frequent than people imagine and can block one's leadership abilities.

Understanding the keys to what's blocking your leadership capacity by reconnecting to **your talents and strengths** is the first step in coaching.

**It's Discovering Who You Are...**

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# Why do you want to communicate?

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Once you are reconnected to **WHO you are**, your talents and your strengths,

it's important to understand **WHY** you want to become a great communicator.

Understanding your why gives you the fuel to progress.



# How to communicate?

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The final step is **How**.

Depending on your needs we can explore many different topics and combine the subjects that are most useful for you.

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**Charisma and Presence**  
**Interpersonal communication**  
**Difficult conversations and feedback**  
**Intercultural communication**  
**Public Speaking techniques**



## Charisma and Presence

### 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!**

I can help you to learn,  
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'.



## Interpersonal Communication

I can help you learn 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.



## Difficult conversations and feedback

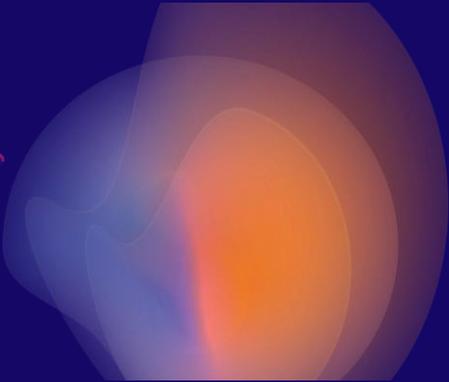
I can help you to understand the keys to have effective, difficult conversations to communicate your needs and help others to change and progress.

The keys to nonviolent communication.

How to give feedback that is useful and constructive, & how not to give feedback.



SPOTLIGHT YOUR SPEAKERS  
JM  
FIND YOUR INNER SPARKLE



## 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.

- 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 of tasks vs relationships
- Leading, deciding, and scheduling differences



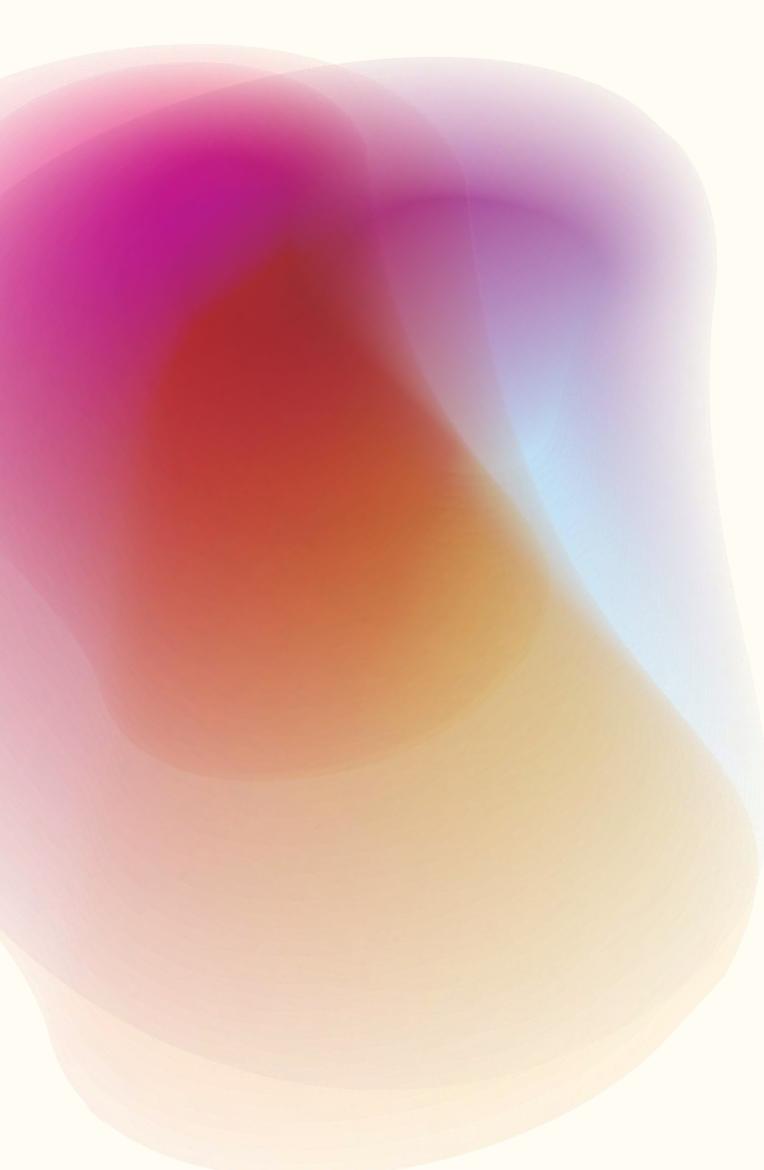
# Public Speaking

To create 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
- Understand and manage your fear and stress of public speaking.
- Succeed your improv speech situations





## My coaching sessions always include

**Clarification** of your coaching objective to begin with to understand your communication needs.

**100% personalization** to correspond to your needs.

**Personal work** in between sessions, with exercises, videos, articles.

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



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

**Let's talk!**



|  
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