



FIND YOUR VOICE LEAD WITH CONFIDENCE

info@fyvcommunications.com | www.fyvcommunications.com

Workshop Timeline: FYV Signature 20-Hour Long-Term Sustainability

Please use this as an example to better understand our workshop flow. Once you have selected the focus and themes of your personalized workshop, we will develop a timeline and topics that reflect your team's needs.

Week 1: Introduction and Establishing Objectives

Understanding the importance of the program and aligning team objectives.

Week 2: Building Confidence and Overcoming Speech Anxiety

Strategies to boost self-confidence and manage anxiety for effective communication.

Week 3: The Power of Effective Communication

Enhancing communication skills to influence, inspire, and effectively get your message across.

Week 4: Active Listening and Understanding Others

Exercises in empathy and strategies to improve active listening skills.

Week 5: Mastering the Art of Storytelling

Techniques to make your storytelling compelling, relatable, and impactful.

Week 6: Navigating Difficult Conversations with Ease

Approaches for managing confrontations, providing feedback, and achieving positive outcomes.

STAY CONNECTED | #FINDYOURVOICE

Discover more about our transformative workshops by visiting our website www.fyvcommunications.com. For real-time updates, testimonials, insights, and tips, follow us on our social media channels.



[findyourvoice-communications](https://www.linkedin.com/company/findyourvoice-communications)



[fyv_communications](https://www.instagram.com/fyv_communications)



[findyourvoicecommunications](https://www.facebook.com/findyourvoicecommunications)



FIND YOUR VOICE LEAD WITH CONFIDENCE

info@fyvcommunications.com | www.fyvcommunications.com

Workshop Timeline

Week 7: The Fundamentals of Public Speaking

Skill-building exercises to help you excel in any public speaking situation.

Week 8: Elevating Your Leadership Communication

Introducing advanced communication techniques suitable for leadership roles.

Week 9: Building Cohesive Teams through Communication

Strategies to improve team collaboration and cohesiveness through effective communication.

Week 10: Empowering the Future - Reflection and Growth

Reflect on learnings, growth, and setting future development objectives.

Session Format

Each weekly session is 2 hours and typically follows this structure:

- Check-In: 15 minutes
- Topic Introduction: 15 minutes
- Main Discussion and Activities: 75 minutes
- Wrap-Up: 15 minutes

Take-Home Exercises

Each week provides participants with take-home exercises that are designed to encourage the real-world application of workshop themes.

For a workshop that's perfectly tailored to propel your team towards excellence, build a brighter future today!

www.fyvcommunications.com
info@fyvcommunications.com