

Speaking spontaneously

Feel at ease, even without preparation.

This course helps you speak with greater ease, organise ideas quickly and respond clearly, even when caught off guard. Learn to turn stress into energy and make every conversation an opportunity.



Recognise these situations?

- When prepared, everything goes well. When caught off guard, much less so.
- You know your subject but cannot find the words.
- An unexpected question disrupts your thinking.
- Stress takes over in spontaneous conversations.



What we will understand

- What stress does to working memory.
- Why searching for the perfect answer can block us.
- How to structure a thought quickly.
- Cognitive biases that inhibit spontaneity.
- How to allow yourself to be more natural and authentic.



How we will work

- Simple mental structures, rhetoric and storytelling.
- Breathing and centring techniques.
- Role plays and real-world scenarios.
- Improvisation and difficult questions.
- AI to practise and receive personalised feedback.



What will change in practice

- Greater fluency without reciting a script.
- More structured, more impactful answers.
- Better management of speaking-related stress.
- Confidence based on habits, not just preparation.
- More natural, more persuasive conversations.



Who is it for?

Sales teams, managers, sales professionals, trainers or leaders, depending on the module.



Formats

Half-day
1 day
2 days



Our approach

Neuroscience • Practical methods
AI • Hands-on experience • Real cases



An international, cross-sector perspective

Examples and inspiration from different sectors and countries.



Request the detailed programme

Questions? Let's discuss your needs.