



The Power of Perception

18 November

1.30pm - 3.30pm via Teams

The way in which we're perceived can have a significant impact on how we work. Whilst we can't control whether someone likes us, we can control whether someone trusts us, thinks we're capable of our jobs and whether someone wants to work with us.

In this workshop we look at the ways in which we can affect how we're perceived and come away with an awareness of how we're using our voice and body language whether that be with team members or clients.

1

Why does it matter how we're perceived?

2

How do the clothes we wear affect how we are perceived?

3

How what we do affects how we're perceived (body language)

4

How what we say affects how we're perceived (written and spoken language)

5

How the way we say it affects how we're perceived (using your voice)

Delivered by Nikki Wheeldon of VocoLab. Nikki has ten years experience of establishing companies and providing training on communication and confidence.



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