



## 1-on-1 coaching session (Online)

### Overview of Program

Students stand to benefit hugely from individual, focussed and directed guidance. This program provides the opportunity for an online face-to-face individual session with one of our highly trained consultants. The purpose of this program is to ensure that every student has the ability to convey the best possible version of themselves at critical life-defining moments. Although this program shares very similar principles to our Communication Fundamentals workshop, there is also a large element of flexibility. Whether the video call to one of our consultants is made from a school dormitory or from home, the course structure offers complete convenience and can be altered to suit the desires of each student.

### Who is the program for?

Communication skills are not and cannot be taught effectively in schools. As such, our participants are varied within the 15-19 age range. This course is hugely beneficial for students of all ability levels, backgrounds and locations. This program is particularly beneficial for students who require extra flexibility and those that want to work on specific aspects of their communication skills. This program is ideal for students wishing to prepare for upcoming university interviews or presentations. It can be delivered to anyone, anywhere, at any time.

### Program objectives

By the end of the course, each participant will:

- Understand their best communication style and how to implement it effectively
- Learn how to handle pressure and exude confidence through practical strategies
- Be able to structure an effective presentation and get people to listen
- Learn and practice proven interview techniques
- Understand the concept of presence and the importance of first impressions

### Addressed Competencies / Skills improvement

- Confidence
- Authenticity
- Presence

### Synopsis

This is our flexible option, delivered in fun and engaging hourly blocks by online video call. This training can follow our tried and tested structure, or can be easily tailored to suit the student's individual needs.

### Subjects

Confidence  
Interview technique  
Presentation Skills  
Handling Pressure  
Personal Presence

### Group size

Typically 1-to-1, with flexibility to increase upon request.

### Duration

Hourly blocks (flexible)

### Training locations

Worldwide



Training material downloadable



Training certificate provided



Training video material provided



One-on-one coaching session possibility



Comprehensive handouts provided

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