

## Who are these workshops for?

- Anyone who wishes to **improve** her/his communication skills, in social, professional, academic, and personal settings
- For professionals, teachers, and students seeking to **enhance** their public speaking capacities, and up-grade the quality of their oral presentations



## What do these workshops consist of?

- 2 levels: Oral Expression 1 and Oral Expression 2, with the possibility of continuing onto higher levels
- Level 1 will help you improve the way you present and **express yourself**.
- Level 2 will develop your capacity to organize your ideas in order to express them with **clarity, efficiency, and creativity**
- Both Oral Expression 1 and 2 consist of 2 full days of training (other formats available)
- **Practice** is as important as theory in our workshops
- The number of participants does not exceed 8, in order to maximize the **efficiency** of this training technique
- **Individual coaching** options are available



## Who gives these workshops?

- Our communication professionals and lecturers, several of whom have been training apprentice and seasoned orators for 20 years
- The aim of our dynamic and attentive instructors is always to **awaken the best speaker** in each and every one of their students

## How much do the workshops cost?

- Different rates apply. Please contact us for more information, by phone at **(613) 235 - 5478**, or by e-mail at [info@rockhurstgroup.com](mailto:info@rockhurstgroup.com)

## Why would I need to take these workshops?

- Because effective communication skills are a must to thrive in the new economy. The capacity to clearly get your ideas, thoughts, and feelings across to other people is a **definite asset**.

## What can these workshops offer me?

- The acquisition of **fundamental skills** designed to help you communicate with ease, clarity, and assertiveness, in all circumstances
- The possibility of significantly improving your capacity to express your thoughts and ideas, by learning to fully use your physical, psychological and creative **resources**
- The opportunity to attain **your objectives** as a communicator: your audience understanding you and listening to you with attention and interest

*Awaken the  
**ASSERTIVE,  
CREATIVE  
& ENTERTAINING**  
speaker within you!*

“This course gave me a definitive edge in my career. Don’t walk, RUN to register!”  
- Charles Goyette  
*Electrical Engineer, Broz Design*



**Rockhurst Careers Group**  
**Professional Workshops Series**  
331 Cooper Street, Suite 602 Ottawa, ON  
(near O'Connor street, free parking available)  
[www.rockhurstgroup.com/workshop](http://www.rockhurstgroup.com/workshop)  
**Tel: 613 - 235 - 5478**

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**Efficient  
Public Speaking  
& Communication**

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