



Video Conference Training Course

An interactive Course
for senior leaders and their teams.

About this Course

Working remotely isn't easy. Being away from colleagues and the day to day bustle of the office can be tough - so now is a great time to skill up and motivate your teams. How can we make sure that we, and our teams, communicate effectively and truly connect with our stakeholders in this new world so we make every conversation count?

We will look at the mechanics of video conferencing and the various styles in which we speak, listen and craft our messages. If this is going to be the new norm, let's understand how we can best run virtual meetings and have connected, human conversations via this technical medium.

This 90 minute Video Conference Training Course will be interactive, actionable and great fun.

Objectives

- Setting up your shot – the best positioning of your screen
- Improving your sound and lighting
- Understanding the impact of your voice and body language
- Adapting the structure of what you say to this new medium
- Learning to pitch and present well online
- Learning how to run meetings and have clear follow-up action points

Outcomes

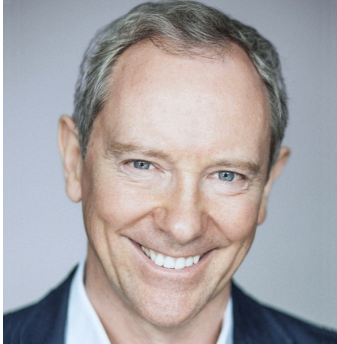
- You will know how to set up your shot, so you look professional and confident
- You will have tools and exercises to develop your voice and body language
- You will be able to appear and feel confident and at ease online
- You will understand the right energy levels needed for video calls
- You will be able to connect effortlessly with your stakeholders
- You be able to present and run meetings well online

Course Outline

The Course will run for 90 minutes, it will be fun, interactive and actionable.

It has been designed for up to 15 people, but it can be run for larger groups as well.

20 mins	LOOKING THE PART We will look at how you set up your camera, background, sound, lighting and also your own appearance. Robin will give feedback on your current set up and offer suggestions and advice.
20 mins	HUMAN CONNECTION We will discover, through simple exercises, how to work on your eyes, breathing, voice, pace and sense of reassuring calm to build your human connection. Everyone will read out their 'I AM ...' sheet (which will have been sent out in advance).
20 mins	ACING THE VIDEO CALL We will understand how to interact with others and 'hand the ball back', how to create a sense of natural flow, how to chair a call, how to present a slide deck and learn what your energy levels should ideally be.
30 mins	INTERACTIVE Q + A We will discuss your challenges and experiences around video calling, both from home and in the office. Robin will offer actionable suggestions and detailed feedback.
END	CLOSE There will be follow up notes and links to download after the Course.



Robin Kermode is one of Europe's leading communication coaches working globally with CEOs, senior executives, politicians, media personalities and corporate teams.

He is a popular keynote speaker and author of the best-selling book *SPEAK SO YOUR AUDIENCE WILL LISTEN*. His podcast, *THE ART OF COMMUNICATION*, has over 15,000 listeners.

Robin has been an actor for over 30 years and is a recognisable voice over artist (he is the MC of the ATP World Tour Finals each November at The O2 Arena in London).

He is a respected media commentator, contributing to a wide range of newspapers, and is the leading body language expert for The Telegraph, The Guardian and the Daily Mail.

HUFFPOST

The
Guardian

BBC
RADIO

The
Telegraph

THE TIMES

Daily Mail

What clients say

“Insightful and a welcome dose of good fun! Our ability to connect has definitely improved as a result of Robin’s techniques.”

Simon Amor, Director,
Heineken UK

“Robin is outstanding. He delivers remarkable insights and advice with style and humour, connecting instantly with his audience.”

David Bizley, Branch Chief,
NATO Communications

“Robin is a true expert in his field. He has a rare ability to speak to everybody, individually.”

David James, Senior L+D,
The Walt Disney Company

“You can’t change behaviour in 90 minutes, right? Well, following this excellent workshop, I would say you definitely can!”

Fraser Silvey, Executive Director,
Connor

“Robin hosted a tremendous ‘New Normal’ session for my team. He made it interesting, educational and, above all, fun!”

Robert Appleby, Co-Founder,
ADM Capital

“Robin has a great ability to build empathy quickly.”

Nigel Sullivan, Group HRD
Talk Talk

“It was amazing. Robin is a dynamo - inspiring you to connect with audiences in unimaginable ways. Brilliant!”

Jose Papa, MD,
Cannes Lions

“Every member of staff has improved their skills considerably. Highly, highly recommended.”

Philip Thomas, CEO,
Ascential Events PLC

“Any leader in any field will benefit from a session with Robin, he's brilliant!”

Sue Cheshire, Co-Founder,
Global Leaders Academy

“I recommend Robin to anyone who has to up their game in their communications.”

Martyn Dawes, Founder,
Coffee Nation

“Interesting, educational and, above all, fun!”

Robert Appleby, Co-Founder,
ADM Capital