

Thinking On Your Feet

Train Your Ideas to Come When You Call.

HALF-DAY WORKSHOP

In today's fast-paced workplace, you may be called upon to express your ideas with little or no time to prepare. Whether it's a spontaneous hallway meeting or a lively conference room discussion, how you handle these impromptu interactions can have a significant impact on your career.

This workshop gives you the tools you need to push through mental blocks, organize your thoughts, and clearly state your ideas when the spotlight turns to you.

WHAT TO EXPECT

Information

We'll discuss the key triggers that cause us to "go blank," and address tangible ways to avoid them.

Games and Drills

Since learning to think clearly under pressure requires that you "train for the conditions," we'll lead you through a series of impromptu exercises to see how you handle a variety of situations.

DISCOVER HOW TO

- Organize your thoughts when time is scarce
- Reduce adrenaline levels in minutes with four physical behaviors
- Gracefully recover from losing your train of thought
- Turn off internal conversations and criticisms
- Maintain composure when the pressure is on

BENEFITS

- Feel more secure in impromptu situations
- Appear more knowledgeable, credible, and prepared
- Articulate your ideas with more confidence

KEY TAKEAWAY

You'll walk away with clear-cut strategies for developing more confidence, focus, and clarity when expressing your ideas on the spot.