

Feedback from RADA training

How to become a compelling story teller

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Status

- Not the same as hierarchy
- How you use your body, breath and voice in time and space
- Optimal status is in the middle of the spectrum
- Optimal alignment – feet, head, shoulders and breath
- Achieving optimal status needs to become a habit

Fight and flight

- Symptoms:
 - Increased heart rate
 - Sweaty hands
 - Breath holding
 - Getting flustered / forgetful / confused
 - Croaky voice due to vocal cords freezing
 - Dry throat

Tips for presenting

- Inspiring each thought
- Give time between thoughts to process
- Stretching key words
- Give warning when about to say something important
- Hosting
- Warming up your voice
- Intention

Delivering your message virtually

- Look into camera for open and close and key messages.
- Can be good to deliver each thought to a different person on the screen
- Camera at eye level
- Try standing

Managing challenging communication

- Most over high responses are because they are triggered
- Thinking of hosting and avoid being triggered yourself
- Need to try and achieve an adult to adult conversation

Thank you for listening.

Any questions?



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