

STRAIGHT OUT!



Training for your voice, speech and body language

Your voice and your body language are career factors!

Especially people working in voice-intensive vocational fields appreciate my services: executives, lawyers, actors, scientists, politicians, presenters, teachers, managers, entrepreneurs, and others.

„Thanks to your help, I was superbly able to present my expertise in a competent way – even in difficult situations.“

„Those who are ready to get involved and have the courage to work at and improve themselves - with regard to voice and speech and their respective impacts - have made the exactly right choice with Katharina Padleschat.“

„... and the tips with regard to content and rhetoric have helped a lot as well. Everyone was clearly able to improve her/his appearance and stage presence. The audience was thrilled.“

„... Really appreciate your session! I totally left your office a different person than the one I entered. You combined for my workshop extraordinary presentation skills in body language, voice and attitude with coaching into being a better person in life and when I speak.“

I train your audible and visible performance with expertise and delight.

Training targets:

- You are able to play with your voice.
- Your body language is vivid, free and genuine.
- You are perceived and taken seriously.
- Your messages are clearly articulated.
- You are present, even under stress conditions.
- You deliver your messages professionally and target-oriented.
- You speak in an easy, melodious and effortless way.
- You are perceived as authentic.
- You will enjoy to be seen and heard!
- You are building your charisma.

Just say what you want to say.
I take care of the “how”.



„It is the bad thing with some speakers that they often do not say what they are really talking about...“
(Heinz Erhardt)

It is not what you say, but **the way** you say it that determines the effect.

You are a professional, and everybody should clearly **hear, see and feel** that.



The corresponding key.



“In the right key one can say anything, in the wrong key, nothing: the only delicate part of the job is the establishment of the key.”

(George Bernard Shaw)

In my daily work as a trainer for voice, speech and body language, I combine acting and professional speaker techniques; melting them to a tailor-made concentrate – depending on the individual requirements and targets of my clients.

Training content:

- Analyzing your personal profile of voice and speech
- Professional elocution
- Enlarging your voice volume
- Articulation training
- Reducing your fear of speaking in public and stage fright
- Breathing techniques
- Developing your own optimized speaking voice
- Presenting your texts flexibly and professionally (It is all about speaking naturally – not just reading your texts!)
- Microphone training
- Phonetic training for non-German clients
- How to take care of and relax your voice
- Body language (Charisma)
- Presentation skills
- Coaching

Personal Training/One-to-One Training:

My intensive and high-level training ensures that training contents are tailor-made to meet personal requirements. We will fix individual appointments suitable to your daily working routines.

Workshops:

Basic training / 1 day: basics of professional elocution, voice work and body language, tips and feedback

Advanced training / 2 or more days: solid toolbox to use for your „audible and visible performance“, body language and charisma, free speech, contacting the audience, coaching, individual feedback and much more

Media training: dealing with cameras and interviewers

„Females and males in professional life“: a special challenge when communicating

Speaker training: becoming a professional speaker

Training documents, camera feedback as well as individual tips and feedbacks are always included.

Read more on my website: www.rausmitdersprache.com

Meeting, presentation, speech, lecture, talk, discussion, examination, negotiation, application, conversation, assessment, interview, phone call, moderation...

**Voice and body language
create your true business
card!**



Some references:

Katharina Padleschat

Education, professional experience, vocational training:

- Dance – song – drama / musical (Munich, Berlin, New York)
- Choreographer / show concepts / body language
- Speaker (commercials/articles/industrial films/internet/voice over)
- Training for voice, speaking and breathing:
Roy Hart Theatre Method, Breathing School according to Middendorf, K.
Linklater Method, AAP (phonation adapted to breathing rhythm), vocals,
Lichtenberg Method
- Alexander Technique
- NVC (Nonviolent Communication according to M. Rosenberg), TA
- Since approx. 2000: Training and coaching for voice, speaking and body language in workshops and personal trainings



“Those who offend the ears
do not enter the soul.”
(Quintilian)

Business / Companies:

- Arag SE
- Apotheker & Ärztebank
- Continentale Krankenversicherung a.G.
- ContiTech China Rubber & Plastics Tech.
- Coty Germany GmbH
- Deekeling Arndt Advisors
- ENGEL Deutschland GmbH
- E.ON AG
- E-Plus Mobilfunk GmbH & Co. KG
- Ferrostaal AG
- Flughafen Düsseldorf GmbH
- GEBIT Solutions GmbH
- GEPA - The Fair Trade Company
- Henkel AG & Co. KG
- Heraeus Medical GmbH
- MESSER GROUP GmbH
- Ordix AG
- QVC Deutschland Inc. & Co. KG
- Rheinland Versicherung
- Thyssen Krupp Elevator (CENE) GmbH
- Verlagsgruppe Handelsblatt GmbH&Co.KG
- Vodafone Group Services GmbH

Science / Universities:

- Albert-Ludwigs-Universität Freiburg
- Ruprecht-Karls-Universität Heidelberg
- FH Düsseldorf, FH Mönchengladbach,
FH Dortmund, FH Bonn-Rhein-Sieg,
FH Niederrhein
- Georg-August-Universität Göttingen
- Heinrich Heine Universität Düsseldorf

Cultural sector / Media

- Capitol Theater / Düsseldorf
- CATS Tournee Produktions GmbH & Co. KG
- NE-WS 89,4 / Neuss,
- OFF-Theater NRW e.V. / Eventkom GBR
- Radio Wuppertal 107,4
- Starlight Express GmbH

Others:

- Amtsgericht Düsseldorf
- Film, Funk + Fernsehzentrum der ev. Kirche
- LVR Klinik Viersen
- Stadt Düsseldorf

You like some audio?

Listen to my voice when visiting my website:

www.rausmitdersprache.com

Or, in case you understand german, listen to my training disc:

“Raus mit der Sprache! Vol. 1”



Good breathing technique

Melodious voice

Genuine body language

Clear articulation

Improved voice volume

Professional elocution

Vivid modulation

Strong presence

Speaking effortlessly

Charismatic effect

Straight Out!



“Teaching is the art of helping to make discoveries!”

(Sir Peter Ustinov)



“It does not suffice to address the facts. You have to address the people...”

(S. J. Lec)

Voice and body language do relate enormously to each individual's personality. I am kept excited by my work, the mixture of my clients' voices, gestures, facial expressions, elocutions, psychologies and their pleasures when using new vocal tones and expressions.

As a member of a family of actors it was always natural to me to successfully express my requests by using precise words, a clear voice and complex body language.

Later I discovered the fact that many people do not have a natural grasp of these skills – which surprised me first and has fascinated me ever since.

As a teacher my great passion is – metaphorically speaking – to act like a kind of “cork screw”. For the question remains: What does he or she really want to express beyond the words? What does he or she want to achieve with the message? Meaning: What is his or her purpose at all?

My ears are trained; I hear discords and nuances. As a speaker in recording studios I know that you need your whole body to sound relaxed and at ease. Thanks to my experience as a choreographer, I have a sharp eye for all shades of body language. Therefore, I know exactly what you can do not to leave your effect on others to chance.

My conviction:

Each and everyone is able to be a good speaker and to enjoy speaking after being trained in the right way.

My target:

You become strong and self-confident with regard to your own voice and body language.

My reward:

When you enjoy making yourself heard after training with me.

My motto:

Straight Out!



Cordially yours,

Katharina Padleschat

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