

## Personal training, workshop or lecture:

### 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 / Presentation training



Training for voice,  
speech and body lan-  
guage,  
speaker

Katharina Padleschat

#### **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!

#### **Raus mit der Sprache!**

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# STRAIGHT OUT!



Training for voice, speech  
and body language

## The body is talking all the time!

Each and everyone can learn to be charismatic.

Your resonant voice and confident body language create your distinct competitive advantage, when talking to customers, in meetings or at lectures and presentations.

**You are a professional, and your expertise should be heard, seen and felt by everyone!**

Because:

People do not inspire us with substantial content only, but they definitely do with their performances. It is elementary to master your voice and body language to leave the intended impression and to convince, enthuse and motivate effectively.

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.



## Your voice acts as your audible business card!

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

Training targets:

- Good breathing technique
- Melodious voice
- Genuine body language
- Clear articulation
- Improved voice volume
- Professional elocution
- Vivid modulation
- Strong presence
- Optimal phonetics
- Charisma
- Joy for presentations

Straight out!

## Breathing is more than just inhaling air!

Only if you are properly heard, you can be fully understood.

Did you know that the initial and lasting impression is formed within the first 30 seconds of a conversation? Your voice and body language are instrumental in it.

Your tone of voice defines 38% of the effect you have on other people.

Develop to be aware of your breathing, voice and way of speaking so that you do not “gasp for air” or “choke on words”. This awareness will be significant for your whole personal appearance.

By using specific exercises, I will train you to optimize your breathing, for example, thus you will be able to use it as an energy source for your speaking.

Which means a special benefit for all kind of voice workers like executives, managers, lawyers, teachers, politicians, trainers, salesmen, presenters or actors.

