



SpeakUP

Training overview

SPEAKUP

Public speaking skills improve operations efficiency, brand reputation and grow sales

EXECUTIVES KEEP ASKING CRITICAL QUESTIONS

How do I **improve the communication clarity** across the organization to get the desired results faster?

How do I **communicate value better** to the clients and prospects to increase the sales performance?

How do I **improve the company leadership skills** necessary to keep the teams engaged and support their individual needs?

70% of employees who give presentations agree that **presentation skills are critical** to their success at work

63% of company directors said **improvement was needed on recent pitches** to them

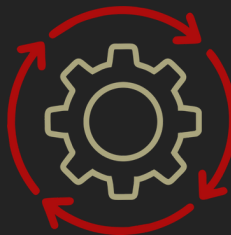
#1 is the **rank of fear of public speaking** among all fears including fear of death

"Every interaction with your team, prospects and clients **is a presentation** - from a conference room table to the phone."

Consequences of poor public speaking skills:



1. Lost sales



2. Operations inefficiency



3. Reputation damage

Poor public speaking skills are expensive.

PUBLIC SPEAKING TRAINING

SPEAKUP

WWW.SILNYRECNIK.SK

THE GOAL OF SPEAK UP! IS

FOR EVERYONE TO LEAVE
AS A SIGNIFICANTLY BETTER
PUBLIC SPEAKER!

NO MATTER WHAT THEIR INITIAL LEVEL OF PUBLIC SPEAKING SKILLS WAS

TRUSTED BY

ADAstra



HILTI



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BUSINESS LEASE
PASSION FOR MOBILITY



UniCredit

Forbes



Sygić

ANASOFT

pwc

SIEMENS

VERIFIED
KNOW-HOW

20:80

PRACTICAL LIVE
EXPERIENCE

EXPERIENTIAL
LEARNING
=
ACCELERATED
LEARNING
BY DOING

YOUR TEAM WILL PERCEIVE THIS TRAINING AS A GIFT

„Immediate feedback has paid off and everyone is improved significantly. I am happy to be here with my colleagues – it also worked as a teambuilding. Those, who were not here with us will be sorry.“

Palo Práger (38), international account manager

„No empty words, no talking in circles, but getting straight to the point. It's unbelievable how far me and others have come. It doesn't matter at what level you are at right now; this will definitely boost your skill. The team of lecturers is amazing and they put their everything in the process. My presentations and speeches are now different and I am enjoying them.“

Matej Lisý (28), Managing Director
VoxTravel

„I've attended plenty of workshops/trainings, but this one is from another planet. World class!“

Peter Žipaj (35), CEO
Sodexo

OUR ALUMNI LOVE US!

„I genuinely believe that there is no one who could not present in public and give their 100%.“

Bohuš Mišovic (34),
programmer

„The most interesting training I have ever attended. Inspirational, emotional and practical. It taught me to conquer stage fright and instead of fearing it, enjoy my presentation.“

Lucia Gálková (33), manager
in a bank

OUR TRAININGS WORK!



Experiential Learning

No more traditional learning!

In traditional learning students learn new tools and ways to use them, try them in the exercises and potentially use them in the real world.

Limited efficiency due to large perceived distance between theory and the real world.

We teach through experiential learning

Students are exposed to **experience first**. If states like confusion or curiosity are faced in a supportive environment, **neural circuits** that support learning are **activated immediately**. Knowledge and tools are then explained in a **storytelling mode**. **Corrective experience** is made with the **right tools** and is written **much deeper in the brain structure**.

Globally verified know-how

The author of the course is a successful speaker with international recognition. Our lectors won multiple International Competitions on Public Speaking in inspiring speeches, humorous speeches and public speaking improvisation. Our know-how works.



Therapeutic experience

Our lectors have combined experience in Jungian approach to psychology, Carl Rogers Encounter Groups and Tony Robbins' Strategic Intervention. They are skilled in creating a growth supporting atmosphere.

Professional lectors & therapeutic experience



Perfect feedback

Group feedback

Learning is supported by encouraging participants to give feedback in the group practice sessions and improves the long-term memory of the lessons and supports their individual improvement.

One-to-One feedback

There are multiple one-to-one feedback sessions with the lectors that have a dedicated time focused on the individual only. One-to-one feedback is received in small groups to support the growth of other participants.

PUBLIC SPEAKING TRAINING



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CURRICULUM

TOPIC SIGNIFICANCE

- Presentation skills as an unfair competitive advantage
- Self-confidence and authentic self-expression as a leadership quality

STRUCTURING

- Attracting attention, keeping it through and creating a lasting impact
- Establishing a connection with the audience and gaining their trust
- Touching inspiring speech
- Impactful persuading speech
- Efficient sales pitch
- Efficient PowerPoint presentation
- Public speaking improvisation
- Explaining complicated issues clearly and effectively
- Answering questions from the audience
- Dealing with objections and attacks from the audience

DELIVERY

- Natural tone, gestures and body language
- Voice training
- Conquering stage fright and using it to your advantage

20% OF TRAINING IS EXPLAINED KNOW-HOW

80% OF TRAINING IS PRACTICE

WITH FOCUS ON THE WORK ASSIGNMENTS

TRAINERS TEAM



Katka Kovalcikova

Author of Speak Up! training, 2015
European Champion in Public Speaking 2011, Basel
Regular international conference speaker, Bratislava, Prague, Berlin
Trained ~2,400 hours of Speak Up!
Coached CEOs, Board Members and Top Management

Topics: Jungian therapy, Radical Honesty, Encounter Groups

"I see purpose in getting to the core of the problem."



Veronika Kultanova

Trained ~2.900 people over the last 5 years as a lector
Trained top & middle management, corporate newcomers and public
Experiential Learning Specialized Training, 2016 Czech Republic
Theater training & theater performer, 2017-2018
TOP3 in European Speech Contest, 2012, Germany

Topics: Communication, Sales, Negotiations

„I want people to apply the knowledge and skills in the real life immediately."



Maros Cincura

Studied Diplomacy and Management, Bratislava, Paris, Madrid
Core 100 Strategic Intervention Training by Robbins-Madanés, USA
Mergers & Acquisitions in Deloitte, Prague
Lead tech Start Up for a VC Fund, Prague
Leads workshops and moderates conferences in English and Slovak

Topics: Public Speaking, Emotional Intelligence, Peak Performance

"I love, when people exceed their own expectations."

CONTACT US FOR MORE INFORMATION

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FEES

**1600 € without VAT
per day**

Including all training materials and 2
trainers for a group of max. 12 people

POSSIBLE DATES

**upon personal
agreement**

Recommended training length: 3 days
Adjustable according to your needs and
expectations

CATERING

**CATERING PROVIDED
DURING BREAKS:
7 EUR/PERSON.**

Fresh home-made cakes, traditional slovak
pastries and sandwiches, fruits, beverages
(water, tea and unlimited coffee).

CANCELLATION POLICY

70% refund if cancelled less
than 6 weeks before training

50% refund if cancelled less
than 2 weeks before training

SPEAKUP

Order your SpeakUP training now!



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