



PUBLIC SPEAKING

A TRAINING BY THE LOS ANGELES METHOD

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WHAT IS A GREAT PRESENTATION?

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A woman with dark hair, seen from the side, is holding a black microphone and speaking. She is wearing a dark top. The background is blurred, suggesting an audience.

IS IT A LOT OF
SLIDES IN A ROW
AND A SPEAKER
PACING
UP AND DOWN?

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A woman with dark hair, seen from the side, is holding a black microphone and speaking. She is wearing a dark top. The background is blurred, suggesting an audience.

**A GREAT
PUBLIC SPEAKER
IS THE ONE WHO
HAS PASSION AND
CONNECTS
EMOTIONALLY WITH
THE AUDIENCE.**

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WHO CONNECTS WITH PEOPLE BETTER?

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THE PUBLIC SPEAKERS WHO ARE TRAINED IN THE PERFORMING ARTS

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A woman with dark hair, seen from the side, is holding a black microphone and speaking. She is wearing a dark top. The background is a blurred audience in a dimly lit room. A large teal triangle is overlaid on the right side of the image.

AT THE LOS ANGELES METHOD
PUBLIC SPEAKING TRAINING
WE DEVELOP YOUR EXPRESSION
WITH

ACTING TECHNIQUES

COMMUNICATION TECHNOLOGY
PERSONAL DEVELOPMENT COACHING

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WELCOME



This is a presentation of the PUBLIC SPEAKING training
by the Los Angeles Method and 88 PRODUCTIONS

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THEODORA VOUTSA

OWNER & CEO

ABOUT CEO



Theodora is a director, producer, coach, actress. She is currently based in Singapore with her partner and their daughter, Ilektra Konstantina.

22

YEARS OF EXPERIENCE

in directing, producing, acting and coaching. Theodora has worked and taught in New York, Los Angeles, Amsterdam, London, Paris, Rome, Athens, Oslo, Copenhagen, Singapore.

In 2000 she founded her first production company and has been active ever since.

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ABOUT US

INTRODUCTION

The Los Angeles Method Corporate Programs are designed for professionals who want to Lead in Business and Life.

The Los Angeles Method is a combination of Acting and Personal Development Techniques to assist you in finding your voice and Acting on your life. You are the Star of the movie that is your life.

Show Up and Be Seen.

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EMPOWER YOUR BUSINESS WITH US

Successful Leaders know themselves
and are connected to others by
listening.

They can communicate what they want.
This is why they always get what they
want.

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HOW WE CAN SUPPORT YOU

A Successful Public Speaker

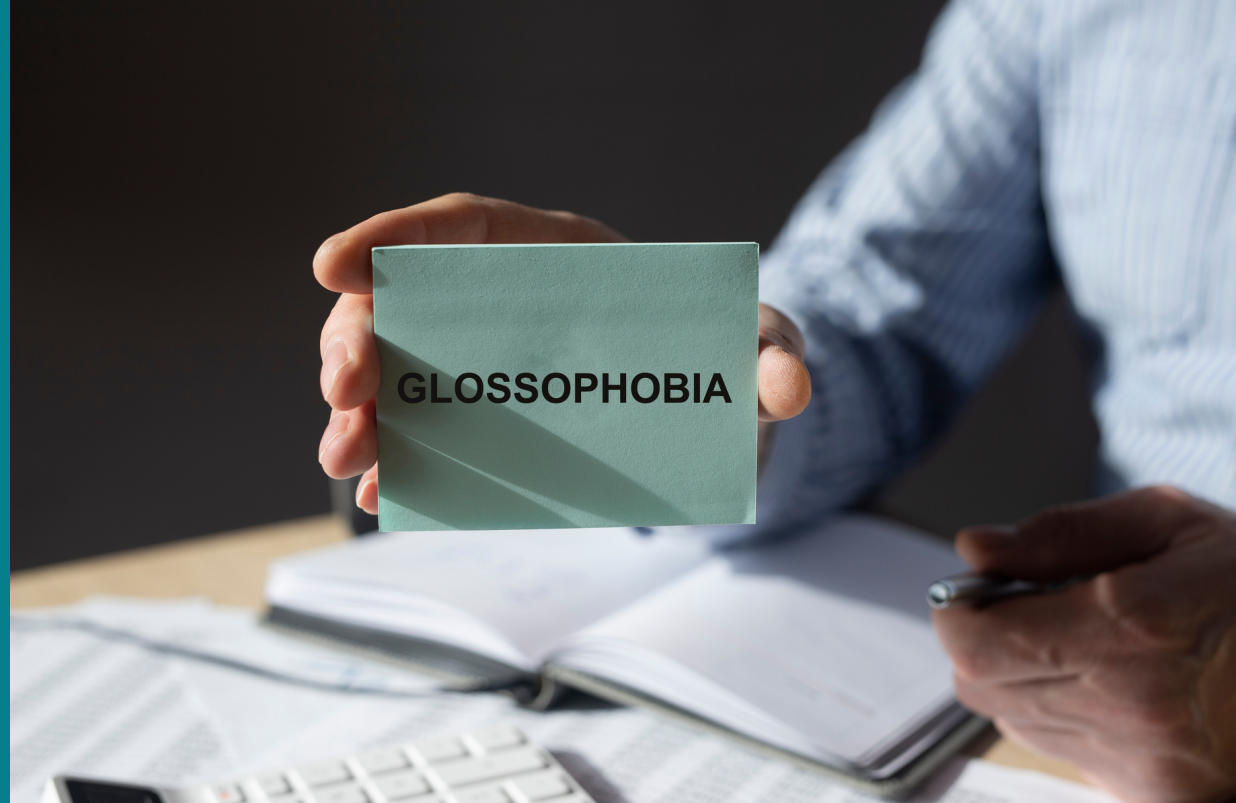
- Wins over the crowd
 - Motivates People
 - Informs
 - Attracts Opportunities
 - Can change people's mindset
- Creates Confidence
 - Pushes the limits of the comfort zones
 - Is Inspiring



THE PROBLEM



GLOSSOPHOBIA



Glossophobia
or a fear of public speaking, is a very common phobia and one that is believed to affect up to 75% of the population. Some individuals may feel a slight nervousness at the very thought of public speaking, while others experience full-on panic and fear.



THE PROBLEM



GLOSSOPHOBIA



Fear of public speaking can prevent you from taking risks to share your ideas, to speak about your work, and to present your solutions to problems that affect many people—and as a result, it can affect how much you grow personally and professionally, as well as how much impact you can have.



THE PROBLEM



GLOSSOPHOBIA



At the same time, any negative public speaking experiences will make it less likely that you will speak in public in the future—fear teaches you to protect yourself from risky situations.



THE PROBLEM



GLOSSOPHOBIA



Ever since the arrival of Covid-19, communication in both workspaces and academia alike have shifted from in-person to online. However PUBLIC SPEAKING anxiety still remains prevalent, if not only gotten worse.



THE PROBLEM



GLOSSOPHOBIA



According to Alison Papadakis, director of clinical psychological studies at John Hopkins University, video chat creates friction in social situations. This leads to a heightened fear of public speaking.



OUR SERVICE



The PUBLIC SPEAKING training
covers:



1. THEORY ON WHAT MAKES A GREAT PUBLIC SPEAKER
2. THE VOICE
3. BREATHING
4. DICTION
5. POSTURE
6. CONTENT
7. WHAT MAKES A TALK EFFECTIVE AND RELATABLE
8. CREATING YOUR "MONOLOGUE"
9. THE STRUCTURE OF A PERSUASIVE NARRATIVE
10. STORYTELLING TECHNIQUES
11. "OPENING NIGHT"





We believe that we are all actors in Life.

We all play a role, whether it is the employer, the employee, the husband, the wife, the friend, the lover, the passenger or the driver.

Learn the technique to create any role you want to play in life.

Acting is about finding the truth- not pretending- and connecting to you, your partner and your audience;
or your clients.

Acting techniques are the tools one needs to understand how to act as a strong individual within a team.

Acting empowers an individual to understand and control her or his emotions; emotions being the fuel we use to achieve our goals.

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TRAINING



COACHING MENTOR MOTIVATION SKILL KNOWLEDGE KNOW-HOW LEADERSHIP



OUR ACTING, COMMUNICATION & PERSONAL GROWTH EXERCISES

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Trust & Overcoming Stage Fright Exercises

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Presence Exercises

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Connection Exercises

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Empowerment Exercises

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On Camera Coaching

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How does our brain work when communicating?

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What is the technology of Expression?

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Errors in Communication (Subtraction, Misrepresentations, Twists, Generalisations and more)

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Interpersonal and Intrapersonal Communication.

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The better you know yourself, the stronger and better your Communication will be.

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“Conviction Exercise” | This exercise helps you understand what is your initial confining conviction, what stops you from achieving your goals.

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“The Talents Exercise” | This exercise helps you recognize the “tools” you have to better express yourself.

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HOW WE CO-CREATE THE TRAINING



Every team and every individual are unique. In The Los Angeles Method Corporate Programs we understand individuality very well and this is why every training is tailor made and original. The way we work :



- Understand together the purpose and the needs of the team.
- We offer you a variety of exercises and actions; and together we decide on the outline based on the desired outcome.



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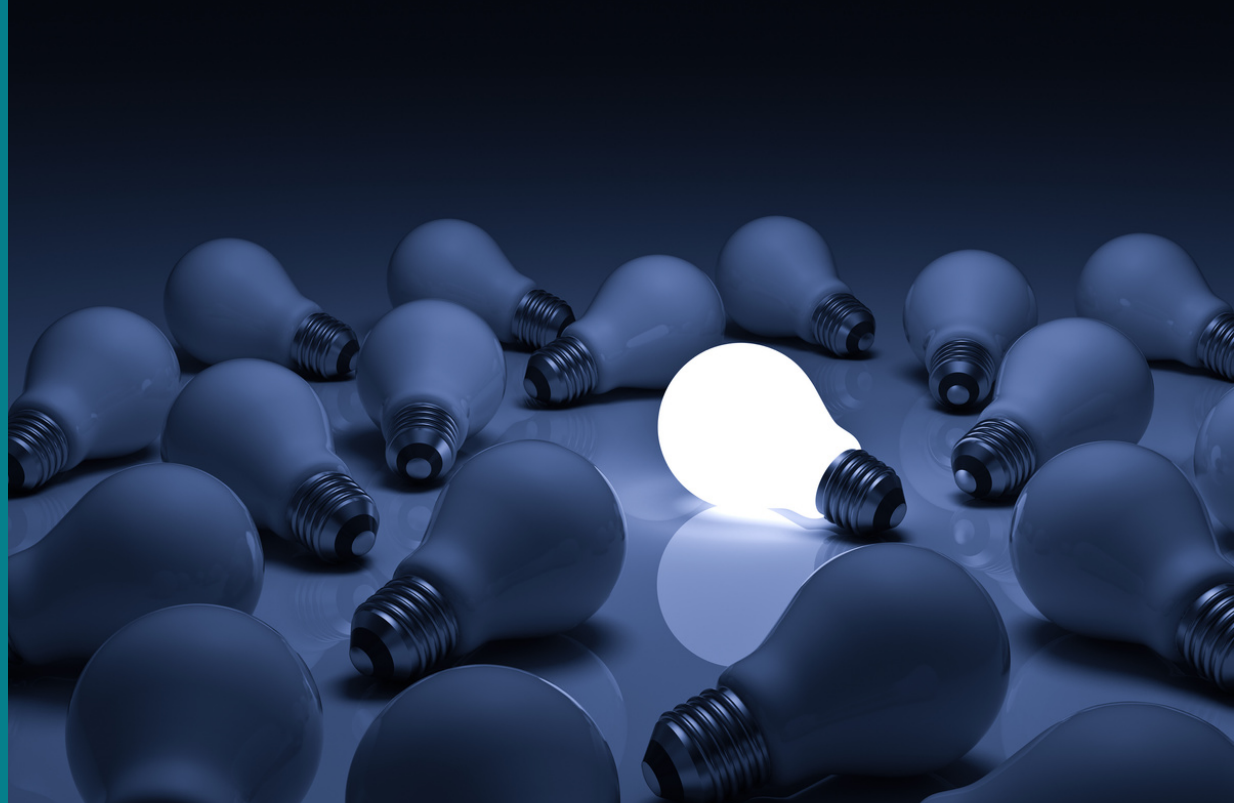
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WHAT MAKES US STAND OUT



The Los Angeles Method is an efficient, reliable, fast and proven to use Method, where we use a powerful and result driven combination of Acting and Personal Development Techniques.



We use the creative force of the Arts with the knowledge and expertise of Behavioural Science, to empower our participants to unleash their voice and Act on their lives.



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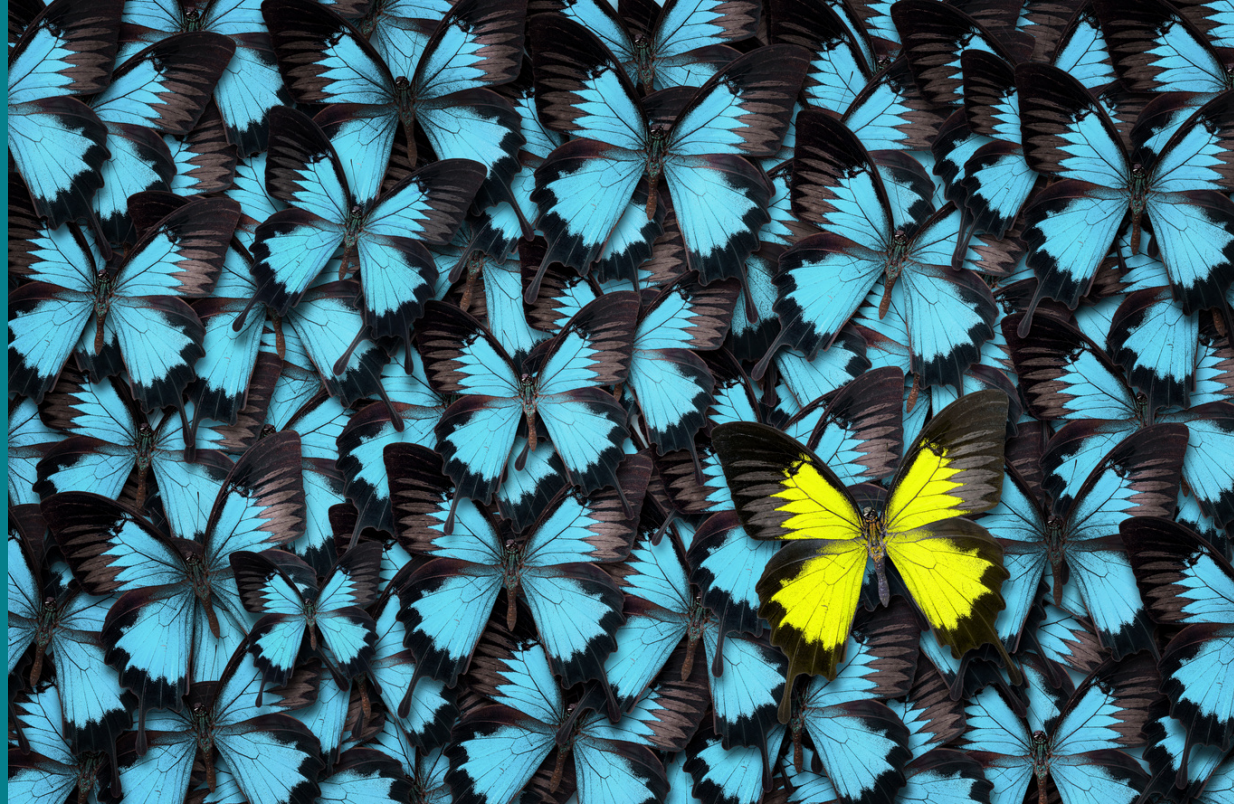
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WHAT MAKES US STAND OUT



The Los Angeles Method is an efficient, reliable, fast and proven to use Method, where we use a powerful and result driven combination of Acting and Personal Development Techniques.



We have had more than 3000 participants so far, who have joined our courses, and have found the Artist within them; who have turned their Imagination into Reality; who have achieved their goals beyond confining convictions, obstacles and fears.



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OUR MISSION

Our Mission is to empower our participants with the tools to become successful and to make dynamic choices, both in their work and in their lives. We wish to nurture and produce strong professionals.





OUR TIMELINE



Rome | Italy - **The Los Angeles Method** is officially a company.



We create workshops for **UNILEVER**



The Los Angeles Method is presented at the 4th International Scientific Conference.



The Los Angeles Method collaborates with the global department at **NIKE** to train employees in different parts of the world how to creatively connect and communicate.





OUR TIMELINE



We are collaborating with **RANDSTAD** to train people for better job interview results.



We work with **HEINEKEN** for on camera coaching and speech delivery.



The Los Angeles Method is used to train the women of the Global Professional Women's Network for the #DaretoBeaGirl Symposium





- Nike
- Heineken
- Unilever
- Coaching2Perform
- Professional Women's Network
- Randstad
- Happn

and more

OUR CLIENTS



WE CAN SUPPORT YOU

Join the PUBLIC SPEAKING
training by
the Los Angeles Method
and

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WE CAN SUPPORT YOU

deliver
PASSIONATE
SUCCESSFUL AND
MEMORABLE
PRESENTATIONS

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THANKYOU

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