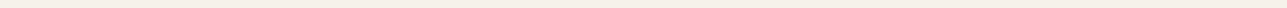


Vocal Leadership Academy

WORKSHOP AND COMMUNICATION LABS



Workshops & Communication Labs

Working with leaders, teams, and professionals to strengthen how they communicate in real-world situations : in meetings, presentations, and conversations that require clarity, confidence, and presence.

Our approach is grounded in theatre and acting techniques, as well as improvisation principles used to develop leadership and collaboration. Participants do not only learn how to present ideas, but how to listen, respond, and lead communication in real time.

What is the most important aspect in learning? To remember. Learning efficiency is the ability to retain and apply what has been learned. In traditional information-based learning, retention is as low as under 10%. Even with demonstration, retention increases only slightly. This is why most training does not translate into real change.

Our work is designed to bridge that gap and help increase learning efficiency.

Workshops available as:

1-hour sessions · 3-hour workshops · Full-day training

Workshops & Communication Labs

Through theatre-based and embodied learning, participants are actively involved, speaking, moving, interacting, and working with others. This engages thinking, feeling, willing, and the social dynamic. As a result, learning is integrated more deeply and remembered more effectively.

The work integrates voice, message, and real-time interaction, drawing on the core principles of Vocal Leadership. It develops how people think, connect, and take leadership in communication, both individually and within a team.

Is this for your team? [Book your 30 Min Strategy Call](#)

Workshops available as:

1-hour sessions · 3-hour workshops · Full-day training

How the work is structured

1.

Voice & Presence

Develop a strong, supported voice and grounded physical presence through theatre-based techniques. The focus is on clear speech, vocal strength, and confident body language in professional communication.

2.

Presentation & Communication

Structure ideas into clear, engaging communication using practical frameworks. The focus is on presenting ideas effectively and communicating with clarity and purpose.

3.

Story and Confidence

Develop storytelling techniques to create clear, engaging, and memorable stories. The work includes character-based exercises and theatre techniques to strengthen confidence and bring stories to life in communication.

4.

Leadership Improvisation and Collaboration

Develop leadership, collaboration, and real-time communication through high-energy improvisation based on the principles of fun, free, furious, and fantastic. The work includes group-based improvisation, team-building exercises, acro yoga, and group speaking activities to strengthen connection, trust, and communication within teams.

Presentation Skills

What This Workshop Focuses On

This workshop develops the ability to communicate ideas clearly and with structure in professional speaking situations. The focus is on message clarity and delivery, rather than performance style.

What Participants Work On

- Structuring presentations so ideas are easy to follow
- Communicating a clear central message
- Using pace, pause, and emphasis effectively
- Reducing repetitive or flat speaking patterns
- Speaking clearly in meetings and group settings

How It Works

Participants engage in practical speaking exercises, short presentations, and structured feedback. The session is interactive and focused on immediate application.

Outcomes

- Clearer and more structured communication
- Increased confidence when presenting
- Stronger connection between message and delivery
- Improved engagement and clarity when speaking

Book your 30 Min Strategy Call

Workshop available as:

1-hour - 3-hour workshops ·

Voice & Vocal Empowerment

What This Workshop Focuses On

This is a physical and vocal empowerment workshop focused on developing the strength, clarity, and presence of the voice.

Participants build a voice that is strong, supported, and steady, with the ability to carry clearly while maintaining a calm and grounded physical presence.

What Participants Work On

- Breath and voice connection to access vocal power
- Projection as energy amplification
- Articulation as a tool for clarity and authority
- Expanding vocal range and variation
- Body language and physical presence (executive presence in practice)

How It Works

Participants work through structured body and voice warm-ups to activate the voice and build awareness of how it is produced and supported. Through group work and partner exercises, participants access and develop the energy and core of the voice, learning how to speak with strength- helping participants understand how to stay connected, present, and consistent when speaking.

[Book your 30 Min Strategy Call](#)

Voice & Vocal Empowerment

Outcomes

- A clear, direct experience of a stronger and more supported voice
- Increased vocal power without strain or force
- Greater clarity and authority in speech
- Improved physical presence and awareness when speaking
- Practical tools to manage nerves and stay grounded
- The ability to continue developing and strengthening the voice independently

Book your 30 Min Strategy Call

Speaking with Confidence :

Working with the inner voice

What This Workshop Focuses On

This workshop works directly with internal limitations that affect communication by building confidence, clarity, and ease through active speaking, movement, and interaction.

What Participants Work On

- Stepping into confidence through character-based speaking exercises
- Recognising patterns in improvisation exercises
- Connecting personal experience to a stronger, more grounded inner voice

How It Works

Participants engage in structured, physical, and interactive exercises including character work, partner work, and group-based speaking. The work is practical and experience-driven, using play, reflection, and real-time interaction to shift internal patterns through action.

Outcomes

- Increased confidence through direct speaking experience
- Reduced hesitation and overthinking in communication
- Stronger clarity when expressing ideas
- Greater ease in group and leadership settings

Workshop available as:

1-hour - 3-hour workshops · **Book your 30 Min Strategy Call**

Storytelling in Speaking

What This Workshop Focuses On

This workshop develops the ability to communicate ideas through story. It focuses on making communication more engaging, relatable, and memorable.

What Participants Work On

- Using story to communicate ideas clearly and effectively
- Shaping personal and work-based stories to support a message
- Creating characters to make stories more engaging
- Using examples and success stories to illustrate ideas
- Speaking with meaning and clear intention

How It Works

Participants work through practical storytelling exercises, including group storytelling, character-based work, and applied speaking. The focus is on experiencing storytelling directly and developing ways to bring it into professional communication.

Outcomes

- More engaging communication
- Clearer and more memorable messaging
- Stronger audience connection
- Improved ability to explain ideas

Workshop available as:

1-hour - 3-hour workshops · **Book your 30 Min Strategy Call**

Leadership Improvisation and Team-Building

What This Workshop Focuses On

This workshop develops real-time communication, adaptability, and collaboration through structured improvisation exercises.

What Participants Work On

- Thinking and responding on the spot
- Active listening and awareness
- Collaboration and group interaction
- Creative thinking in real-time situations
- High-energy teamwork and group connection

How It Works

Participants engage in guided improvisation exercises designed to build communication skills in a practical, high-energy environment.

Outcomes

- Improved ability to respond in real time
- Stronger listening and collaboration
- Increased confidence in speaking up and being heard
- Greater communication flexibility and understanding of others

Workshop available as:

1-hour - 3-hour workshops · **Book your 30 Min Strategy Call**

Communication Labs

What These Labs Focuses On

Communication Labs are targeted sessions that develop specific real-world communication skills using structured frameworks and practical exercises.

Lab Areas

- 1** Speaking on the Spot
 - Responding clearly without preparation
 - Structuring thoughts quickly

 - 2** Interview Communication
 - Answering questions with clarity and confidence
 - Structuring responses effectively

 - 3** Networking & Relationship Building
 - Starting and maintaining conversations
 - Communicating with ease in professional settings

 - 4** Structured Thinking Under Pressure
 - Organising ideas quickly
 - Communicating clearly in high-pressure situations
-

Communication Labs

How It Works

Each lab focuses on a specific communication context, combining simple frameworks with applied speaking practice.

Outcomes

- Clearer thinking in real-time situations
- Improved confidence in spontaneous communication
- Stronger communication across different contexts

Format Options

1-3 hour sessions per Lab

Book your 30 Min Strategy Call

Yoga, Movement & Theatre-Based Team Building

What This Workshop Focuses On

This workshop develops team cohesion, confidence, and communication through a combination of accessible beginner acro-yoga based partner work, and theatre-inspired exercises. It focuses on practical, embodied ways to improve how individuals connect, respond, and collaborate within a team.

What Participants Work On

- Building trust through partner-based movement and support
- Developing clear, embodied communication (verbal and non-verbal)
- Practicing collaboration through shared physical and creative tasks
- Regulating stress through breath, movement, and connection

How It Works

Participants engage in guided partner and group exercises that combine movement, breathwork, improvisation, and speaking activities. The session moves from grounding and trust-building into playful collaboration and structured group interaction, creating a balanced, engaging, and supportive environment.

Workshop available as:

2.5 hours - 3-hour workshops · | 1 Day Training

Yoga, Movement & Theatre-Based Team Building

What This Workshop Focuses On

Outcomes

- Stronger team trust and connection
- Improved communication and group awareness
- Reduced stress and improved team energy
- Greater ability to collaborate and adapt in real-time situations

Is this for your team? [Book your 30 Min Strategy Call](#)

Workshop available as:

2.5 hours - 3-hour workshops

GROUP ONLINE - SPEAKING ACCELERATOR

What This Workshop Focuses On

What is included

- 8 weekly live Zoom group coaching calls
- 1 Virtual VIP Day with one-to-one coaching to finalise your signature talk
- A proven framework to structure your talk from idea to delivery
- Coaching on your opening, story, key points, and closing
- Group feedback and community support

What Participants Work On

This programme is designed to help you develop and refine a signature talk that clearly communicates your expertise, big idea, and story. Participants work on clarifying their message, structuring their content, and strengthening their confidence so they can deliver their talk with authenticity, presence, and impact.

The programme draws on the Vocal Leadership Academy framework, helping participants articulate their unique vision, define a clear objective, connect to what genuinely matters to them, and shape their ideas into a compelling talk. The workbook guides participants through the development of their vocal leadership project, the outline of their talk, and the core elements of their message.

GROUP ONLINE - SPEAKING ACCELERATOR

What This Workshop Focuses On

How It Works

Over eight weeks, participants meet live on Zoom to develop their signature talk step by step. Weekly sessions focus on clarifying the central idea, refining the structure, strengthening stories and examples, and improving delivery. Participants receive coaching, feedback, and support as they shape a talk that reflects their voice and leadership.

The programme includes a dedicated Virtual VIP Day where each participant works one-on-one with their coach to finalise their talk. By the end of the programme, participants have a clear and compelling signature talk, a practical framework they can use again, and greater confidence in presenting their ideas to an audience.

Is this for you? **Book your 30 Min Strategy Call**

*Workshop available for a min of 10 Participants and a Maximum of 15
8 x 1 Hour Group Sessions· | AND 1 VIP Vitual Day*

Contact Us

For enquiries:

Email : heartspeakers@actoftheheart.com
