



Finding your Voice

Jayne Constantinis 📞 +44 (0)7885 336201 🌐 www.jayneconstantinis.com
jayne@jayneconstantinis.com 📍 47 Gorst Road, London SW11 6JB



INTRODUCTION

In Malcolm Gladwell's *Outliers* he suggests that one of the keys to success is "a set of skills that have to be learned.....knowing what to say to whom, knowing when to say it, and knowing how to say it for maximum effect".

Facebook COO Sheryl Sandberg, in *Lean In*, acknowledges that becoming a better communicator "changed my career and my life".

This is the focus of Jayne Constantinis's work - helping individuals to become assured, skilled and effective communicators. The result is greater confidence, increased self esteem and, often, more fruitful relationships.

WHO IS THE TRAINING FOR?

This training is specifically for people who are going through or who've recently been through a divorce.

People often feel diminished by this bruising process and by the events leading up to it. Even those who've never before had problems with self esteem and communication can find themselves drained by the unique experience of divorce. Many have lost their sense of 'self'; lost their voice (literally and metaphorically).

And yet, at this very difficult time, they are required to communicate with a range of people in a variety of situations which would be challenging and intimidating at the best of times: lawyers, judges, mediators, accountants, schools, their children, friends and relatives, potential employers, strangers in social situations, their (soon to be) 'ex' spouse.

Many feel that a lack of confidence and an inability to communicate effectively will hold them back and lead to unsatisfactory outcomes. Some lack the strength to face these hurdles alone.

WHAT WILL IT ACHIEVE?

The overall objective of this training is to give those people their 'voice' back - to boost their confidence so that they can communicate with greater skill. It's about equipping them with the practical tools to be able to achieve their aims, manage their relationships and grow self esteem. We aim for poise in the face of conflict; control where there is emotion.

COURSE CONTENT

The content is tailored to your specific needs and objectives. It is delivered via highly practical, interactive sessions based on Jayne Constantinis's day-to-day work as a presenter/speaker/voice over artist. The style of training is encouraging and collaborative. You will make tangible progress during the sessions.



The focus is on the two key elements of good communication - what you're feeling and what you're saying. We explore tools and strategies to address both, including:

- Dispelling the myths surrounding the issue of 'confidence', working on practical methods to grow yours
- Exploring how you are perceived by others and how you want to be perceived
- Agreeing your personal 'brand' as a communicator
- Other brand issues such as clothes, to ensure that they are supporting your objectives
- Working on content issues - not just what you say but also the language you use around your content (eg apologetic, hesitant)
- Maximising the potential in your voice - looking in detail at intonation, tone, volume, pace, accent
- Looking at body language in a variety of situations - harnessing it to feel and appear more confident and in control
- How to prepare well and rehearse appropriately
- How to combat nerves in order to be able to perform well under pressure
- How to assess and critique your own performance for ongoing self development.

Role play (filmed and reviewed) forms a central part of the training. We agree useful scenarios and use them to rehearse content and celebrate/critique performance.

PRACTICALITIES

Two bespoke, one-to-one sessions, each 3-4 hours, three weeks apart. Six months post-training follow up support. Sessions can be held at your home or at the premises of Jayne Constantinis in SW11.

WHY JAYNE CONSTANTINIS?

Jayne's unique style of training draws on 25 years working as a live BBC TV voice over and news reader, as a presenter of broadcast and corporate programmes, as a speaker at live events, and as a writer. She started her working life in corporate and financial PR and spent several years in-house, managing a law firm's corporate communications.

Her BBC Television series on Mexico was nominated for a BAFTA; voice-over credits include Sony and Channel 4 and she has written for Conde Nast Traveller and Good Housekeeping. She learned journalism at the LCP, has an acting diploma from the Royal Academy of Music and a Modern Languages degree from Cambridge.

For 20 years Jayne has been helping individuals, corporate CEOs, celebrity athletes, lawyers, teachers and children with their communication skills.



"I can't thank you enough, Jayne. Your session was more than learning how to present effectively. You have given me the confidence to feel so much better about myself."

Julie, Manager, law firm

"I recently hired Jayne to prep for a 'difficult' meeting. I was going through a very challenging time in my personal life and found Jayne to be not only empathetic, kind and funny but also incredibly engaging and professional - a true expert in her field. Overall, she is a delight to work with. Jayne not only gave me strategies to cope with and practice communicating a very technical topic but also shared research that continues to have an impact on how I see and feel about myself. So Jayne, a big, giant THANK YOU for all you have done!!"

Denisse, Consultant, financial services

"I know you are always so modest but I really believe that the time I spent with you was wholly responsible for the change of my self-confidence and self-awareness."

Susan, Director of Operations, luxury goods

"I really can't thank you enough for working so hard and passionately with me. From the small practical tips to the much larger picture of how I am/would like to be perceived by those around me, I feel you have given me the beginnings of a most valued life skill. Many many thanks again."

Lucy, teacher, London prep school