

Personal Impact

Build Your Presence with Confidence, Body Language and Persuasive Communication

Whether you are speaking in a meeting, presenting to clients or communicating with colleagues, your impact depends not only on what you say, but also on how you say it.

In this one-day training course, you will learn how to use your personal impact consciously and effectively. You will strengthen your presence, body language, voice and communication skills, becoming more confident and authentic in professional situations. Through practical exercises and personalised feedback, you will immediately experience how small changes can make a significant difference to the way you are perceived.

Who is it for

- Professionals who want to strengthen their personal impact and communicate with confidence
- Managers and team leaders who want to project presence, inspire

Your Benefits

After this training, you will:

- project greater confidence in professional situations
- strengthen your personal impact and credibility
- use your body language and voice more effectively
- feel more confident when communicating with others
- leave a stronger and more lasting impression

What You Will Learn

- Develop your individual strengths and recognise unconscious habits
- Develop greater presence and executive presence
- Communicate in a partner-oriented way that engages and motivates others
- Use your body language and voice with greater impact
- Communicate authentically and convincingly
- Manage nervousness with confidence

How You Will Learn

- A highly practical workshop with video feedback
- Short theoretical inputs combined with extensive hands-on practice
- Individual feedback on your presence, impact and communication style

Course Information

Duration: 1 day

Zurich: Friday, 16 October 2026

Time: 9:00 a.m. – 5:00 p.m.

Venue: Training facilities in Zurich

Participants: Maximum of 5 participants

Course Materials: Participants will be provided with work materials and information

Course Fee: CHF 990 per person, including lunch, refreshments, course materials and a carefully selected set of your recorded video exercises.

Optional: Individual coaching can be booked in addition to the course.

Course registration:

<https://www.presentation-power.ch/en/services-for-individuals/personal-impact/registration/>

