



CONNECT & IMPRESS VIRTUALLY [TRAINING]

DEVELOP OR IMPROVE YOUR BASIC ONLINE COMMUNICATIONS SKILLS

MASTER YOUR VIRTUAL PRESENTATION SKILLS

PRACTICE YOUR VIRTUAL DIALOGUES, JOB INTERVIEWS

ETHICS OF ONLINE PRESENCE

Zoom Presentation, or just a daily video call with your boss and colleagues, or a virtual job interview – and you already feel the stress and anxiety just by reading it?

Right! It can be stressful. It can be unpleasant. DOES NOT HAVE TO BE, though!

“Connect and Impress Virtually” is our latest interactive Program for anyone who needs to get out of the comfort zone and continue exploring the unknown of virtual communications.

Nail the basics of virtual etiquette, learn how to deliver clear and consistent messages, look confident on camera, use your body language to your advantage, and get the best ‘at home’ video conferencing set up.

We have many tips and tricks to share, and you will have enough homework to get your prepared for that BIG VIDEO CALL.



Learn to look and sound confident and credible on camera.



Define and shape your key messages for the listeners, viewers.



Embrace non-verbal communication skills.



Communicate effectively and get your message across in a powerful way.



Learn the basic etiquette of virtual meetings.

THE TRAINER



NATASHA Konstantinova is a towering figure in the world of corporate communications, media, crisis management, and global reputation science. What sets Natasha apart is her remarkable poise and level-headedness, leadership qualities that allow her creativity to shine through when things get tough. And she is the one who always challenges the norm and demonstrates the courage to go above and beyond.

Natasha is a true leader with a big heart and a unique approach for every person that life connects her with. She projects the kind of class and confidence that her colleagues and clients tap for their businesses.

Fortune 500 companies, global institutions, foundations, and diverse industries across different continents are part of her work experience. She is intrinsically as rich as her business and cultural experiences, resilient, strong, and with a zest for life that makes her a caring and fun person to have around and work with. She invests herself, body and soul, into her work, and she has your back when things take an unexpected turn.

MODULES

CONNECT & IMPRESS VIRTUALLY FUNDAMENTALS

1. Best 'At Home' video conferencing set up

- Space (background and surroundings)
- Sound
- Lighting
- Video and camera set up

2. Make your Body Language your superpower

- Gestures
- Eye contact
- Tone of Voice
- Active Listening
- Posture

3. From a Manager to a Broadcast star

- Look and sound confident and credible on camera
- Define and deliver clear and consistent messages
- Rehearse and test

4. Netiquette

- Dress for [online] success
- Small talk before/during the call

5. Endgame

- Closing statements, Q&A
- Follow up



- Online live sessions
- Self-paced online training
- The full course or individual modules



- Business owners
- Executives
- Mid-level management



- Full course: appr. 2 hours
- One module appr. 20-25 min

CONNECT & IMPRESS VIRTUALLY

JOB INTERVIEW

1. It is all about homework...

- **Creating your Personal Branding** (skills, experience, the value you bring)
- **Know it all** (your potential employer)
- **Rehearse and test**

2. Best 'At Home' video conferencing set up

- **Space** (background and surroundings)
- **Sound**
- **Lighting**
- **Video and camera set up**

3. Make your Body Language your superpower

- **Gestures and Posture**
- **Eye contact**
- **Tone of Voice**
- **Active Listening**

4. Q&A

- **Potential questions to be asked**
- **Potential answers to be given**

5. What and How you say it

- **Look and sound confident and credible during on-camera interviews**
- **Deliver clear and consistent messages**

6. Netiquette

- **Dress for interview success**
- **Small talk before/during the interview**

7. Endgame

- **Interview closing statements**
- **Follow up**



- Online live sessions
- Self-paced online training
- The full course or individual modules



- University, MBA graduates – future leaders
- Mid-level management



- Full course: appr. 2.5 hours
- One module appr. 20-25 min