



WORKSHOPS & TRAININGS

A background image showing a close-up of two hands shaking in a firm grip. The person on the left is wearing a white shirt and a red and white striped tie. The person on the right is wearing a dark pinstriped suit jacket. The image is slightly blurred and has a soft, warm tone.

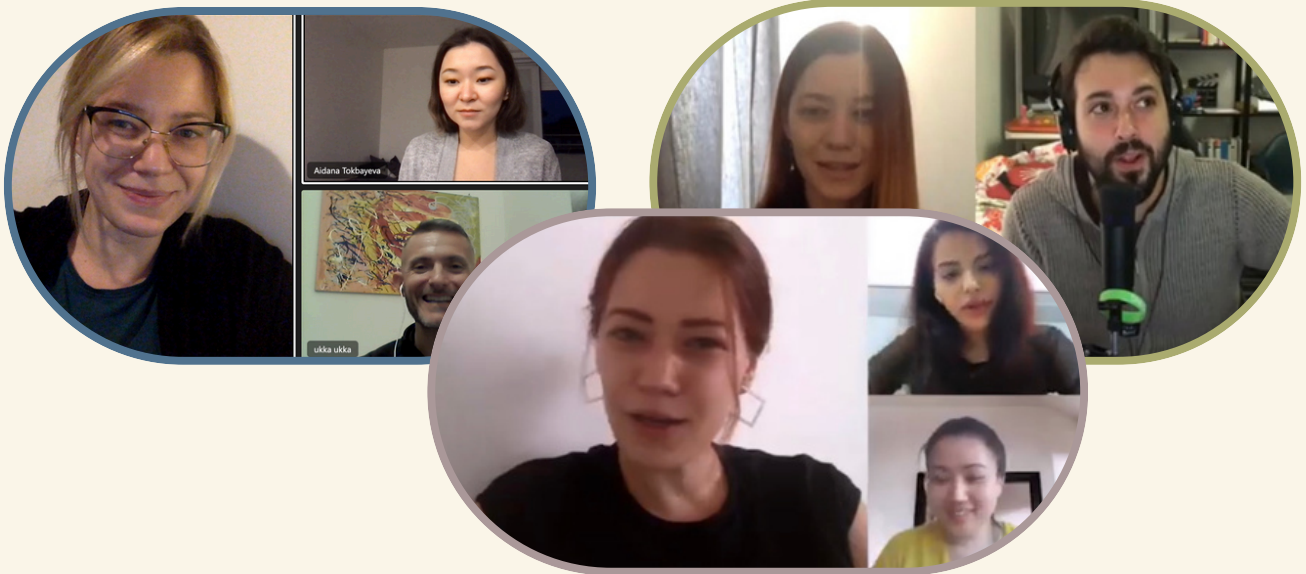
**PUBLIC SPEAKING &
IMPACTFUL COMMUNICATION**

TEAM BUILDING ACTIVITIES

TYPES OF ACTIVITIES:

- **ONLINE**

webinars, workshops, trainings, courses



- **IN PERSON**

workshops, trainings, team building activities



ALREADY CONDUCTED TOPICS:

- public speaking
- body language
- impactful communication
- storytelling
- structuring improvised speech
- engaging your audience
- voice tone and intonation
- the art of asking the right questions

*any other topics
are available upon request*

WHO IS IT FOR?

- managers of international teams
- professionals who need to pitch to partners or investors
- sales agents
- trainers & coaches



GOALS OF THE TRAINING/WORKSHOP:

- speaking less but transmitting more information
- speaking fluently even without having a rich vocabulary
- transmitting your ideas in a clear and organized manner
- structuring your speech
- capturing attention of the audience
- creating strong presence during your speech
- becoming more confident in communication with other people

DURATION: from 60 mins/1-2 days (online) to one week (in person)

STRUCTURE: 30% of theory (coach's lecture, visual slides, videos), 70% of practice (dividing participants in smaller groups for simulation exercises; online surveys & quizzes, providing feedback to each other)

NUMBER OF

PEOPLE: min - 4; max - 40-50 (more upon request)

About the Coach



Alina Likholat has coached public speaking to hundreds of professionals throughout 11 years of her career, working both in person and online with clients from all over the world - all the way from Asia and Middle East to Europe and South America.

After having lived in Ukraine, Oman, Jordan and Italy, Alina set off on a mission to break the stigma of cultural differences and language barriers in business world. Thanks to teaching soft skills and interpersonal communication, she helped business owners expand their businesses, managers and corporate employees boost their careers and contributed to creating a pleasant work climate within teams.

Top clients

Places		Positions	
NVIDIA	European Investment Fund	Investors	General Managers
Google	Italian Parliament	Politicians	Engineers
Italian Trade Agency	Fendi	Fashion Designers	Actors
AstraZeneca	Baker Hughes	IT Developers	Finance

Collaboration with individuals and teams



Rome, Italy.

alina@likholat.com

+39 333 274 9226

<https://www.linkedin.com/in/alina-likholat-b2687026/>