# GROUP WORKSHOPS

The Punch Point Group offers training workshops designed for groups and teams that cover a range of workplace essentials.

Workshops range from one to three days and are customized to address the unique needs of the participants.

## **TEAM BUILDING & LEADERSHIP**

The Punch Point Group's custom-designed workshops support the development of productive and strategic team interactions. Throughout the program, participants engage in group and individual exercises, have the opportunity to discover their individual strengths as well as those of their colleagues, and work collaboratively to find solutions to streamline and improve communications and interactions within the workplace. Session work can integrate a variety of tools and assessments including The Birkman Method Assessments, DISC Assessment, The Energy Leadership Index, and Enneagram Assessment in addition to other interactive team-focused exercises and activities.

# **EFFECTIVE COMMUNICATION & PRESENTATION**

With a focus on executive presence and impactful communication skills, The Punch Point Group offers training and practice sessions to aid in evolving and refining presentation skill sets. The workshop prepares teams to put power behind words with skills that engage and influence internal and external audiences and for any speaking scenario including speeches, presentations with or without visual aids, board meetings, panels (as a participant or moderator), townhalls, sales and business pitches, among other opportunities. Sessions include interactive exercises and an on-camera practice presentation as well as Q&A scenario practice, if appropriate, for each participant. Workshop sessions address the following areas:

## **GOAL SETTING & AUDIENCE FOCUS**

The session is grounded in goals identified by the participant and the needs of specific audiences.

## **ASSESSMENT**

Following goal setting, The Punch Point Group will assess communications approach and areas of focus through a brief presentation delivered by the participant using existing material.

## MESSAGING STRUCTURE

Key team or organizational messages are identified for inclusion and adjusted for clarity and flow.

#### **AUTHENTICITY**

Working with organizational and programmatic messaging, we will focus on bringing the participants personal frame of reference and voice to speaking opportunities and interactions.

## **AUDIENCE ENGAGEMENT**

Techniques and approaches to create emotional touchpoints with the audience.

# **DELIVERY**

Techniques and approaches to strengthen verbal, vocal, and physical delivery. This section can also include Q&A scenario practice.

### **PRESENCE**

Session work will include the art of staying calm, confident, and focused when presenting in person and on camera. This section addresses common speaker anxieties and the techniques to overcome them.

#### **EXECUTIVE TEAM FACILITATION**

Offerring expert facilitation services for executive team meetings, retreats and brainstorm sessions focused on departmental or organizational goals, problem solving and future planning.

