



Topic

IMPACT & PERSONALITY

Goal-oriented and authentic presence in training or in a large group format

Reacting confidently in surprising moments? Being remembered for your charisma? Captivating the audience with your animated body language and voice? Not everyone is born with persuasiveness, spontaneity, creativity or quick-wittedness. But with us you can learn and train this. Be it for presentations, meetings, small talks or discussions with superiors. After all, performance, appearance, audience impact and interaction are home ground for VitaminT with its longstanding improvisation background. This is exactly where our passion and core competence lies!

We offer a stage laboratory to work on your own mode of operation

Use your voice and body concisely and purposefully in order to appear confident, authentic and with effective body language. Get a grip on stage fright and nervousness in challenging situations. Actively shape your own status. All this is not witchcraft!

Desire to learn with ease

With the appropriate methods and trainers this can be learned in a playful and competent way. And who would be better suited for this than long-standing (improv) theatre actors? Our VitaminT team uses effective exercises to convey the desire to learn with ease. Our experienced (business) actors demonstrate how much can be changed with little effort. For example, a pause at the right time can convey more than a thousand words. A relaxed, deep voice, lowered at the end of a sentence can demonstrate self-confidence. A few improvisation exercises can help to reduce personal spontaneity-killers and increase your tolerance for mistakes. Additional core competencies that are urgently needed when preparation, planning and organization alone are no longer sufficient in everyday work.

Self-efficacy training instead of patent remedies

We do not offer patent remedies, but rather give individual learning impulses in order to better enable one's authenticity and strengthen charisma. Impulses can be tested immediately with the actors in our restriction-free laboratory. Here the positive effects of the learned material on charisma can be experienced directly. Participants also practice giving and receiving constructive criticism. In addition, there is the possibility of specifically testing one's own self-efficacy and efficiency in particularly challenging situations: by repeatedly experimenting with various possible approaches in so-called replays. Active, restriction-free and transferable. A particularly sustainable method, since it is known that body memory is more pronounced than that of the head. It is not for nothing that the "T" in our name deliberately stands for "training".

Case studies from previous projects

How do we support the topic of *impact and personality* in concrete terms? How do we put managers and employees in the right light concerning their impact and personality? Four case studies will illustrate this:



REHM: Using opportunities in customer contact with welders, master welders and managing directors

Goal: Turning difficult customer situations into opportunities for service technicians

Format: Training 10 employees

Duration: 1,5 days



Siemens: VitaminTeam coaches EHS experts for the big stage performance

Goal: To present core messages of the division in a clear and expressive way

Format: Large group of 80 employees and managers

Duration: 1 day



METAFINANZ: 30 years - An event "through the ages"

Goal: Employees innovatively and impressively shape the 30th anniversary behind and on stage

Format: Large group 1800 guests and employees

Duration: 1 day with 7 months advance



Münchner Verein goes new ways

Goal: Prepare top agents for challenging customer meetings

Format: Training 8 employees and managers

Duration: 1 day

VitaminT: Interactive. Business experienced. Realistic.

The tailored alternative to standard formats

Do you already have a topic for which you would like to have a change from existing event formats? Then you are exactly right with us! We can also bring your theme to the stage in a customized way. As seminar theater (for smaller groups), change or forum theater (ideal for large groups), coaching or in other flexible formats. From one hour to two days. Present on site or virtually via videoconferencing system of your choice, allowing you to reach a large number of employees in the shortest possible time - even internationally. In addition to this, we also offer integrated complete solutions in cooperation with our partners, if required. And not only in German, but also in Swiss German, French or English.

You are welcome to contact us without obligation to develop initial ideas:

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