

Mannaz Individual Coaching

Professional communication and voice training for leaders

This individual program strengthens leaders' ability to communicate with authority and impact

- ① 4 individual coaching sessions
- 📍 Copenhagen
- 🗨️ English/danish
- 🏷️ 19.999 kr. (ex. VAT)

Mannaz

PROFESSIONAL COMMUNICATION AND VOICE TRAINING FOR LEADERS

Build a strong executive presence through powerful voice and body language

This 1:1 coaching programme is designed for leaders who want to communicate with greater authority, clarity, and personal impact. Across four intensive sessions, we work purposefully on your executive presence, your ability to command a room, build trust, and convey messages with strength and composure.

You will gain practical tools to use your voice strategically, master body language, and strengthen your non-verbal communication, enabling you to appear credible and confident in any leadership context – from meetings and presentations to strategic conversations at senior-executive level.

The programme is tailored to your own leadership challenges and ambitions, combining voice training, body language, and strategic communication for maximum impact.

"I would like to say a huge thank you for the fantastic coaching and guidance during the leadership training. You have truly inspired me to keep developing, challenge myself, and explore my potential. Thank you, Merete!"

- Hadis Atighi, Danske Bank A/S

Participant Profile

This programme is designed for leaders who want to strengthen their executive presence and communicate with greater authority, clarity, and calm – whether in meetings, presentations, or one-to-one conversations.

The programme is aimed at leaders who want to work purposefully with their executive presence and their voice as a leadership tool.

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The programme and structure

The programme consists of four individual coaching sessions of 75 minutes each, where we work purposefully on your executive presence and your voice as a leader.

Each session has its own focus area, based on your specific leadership challenges and ambitions, where you will work with the following:

Session 1: Executive presence and leadership voice

- 🕒 An introduction to executive presence, focusing on leadership identity, confident body language, impactful voice techniques, and strong first impressions.

Session 2: Speaking with clarity, confidence, and authority

- 🕒 Developing clear, confident, and authoritative speaking through vocal techniques, structured message delivery, and presence under pressure.

Session 3: Commanding the room with voice & energy

- 🕒 Commanding the room by mastering vocal energy, emotional expression, and non-verbal communication to create strong connection with larger groups.

Session 4: Influencing at the executive level

- 🕒 Strengthening executive influence by applying voice and body language in high-stakes situations while maintaining authority under pressure.

The structure and preparation:

- 🕒 The programme includes four 75-minute individual coaching sessions focused on strengthening your executive presence and leadership voice. Session dates are scheduled flexibly in dialogue with your coach to fit your calendar and needs.

What's included in the price?

- 🕒 Four individual coaching sessions of 75 minutes each
- 🕒 The book *Stemmens Magi*
- 🕒 Option to purchase additional coaching

What will you benefit from in your individual coaching programme?

- 🕒 Build a strong executive presence through effective voice use and body language
- 🕒 Speak with clarity and gravitas, ensuring your message carries impact in leadership contexts
- 🕒 Command the room, build trust, and lead through confident non-verbal communication
- 🕒 Use your voice strategically – mastering tone, pace, articulation, and pauses to reinforce your message
- 🕒 Increase your leadership impact by aligning voice, body, and intention

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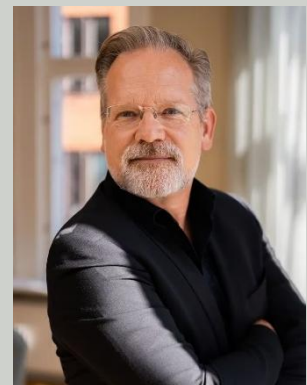
Do you have any questions?

You are always welcome to contact us to get a consultation on which course is right for you and your needs.

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Host the course for your employees only

With an in-house programme, you can choose any course from our broad portfolio. We will conduct the course for your employees only – adapted to your specific needs, wishes, and business goals.

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