



Speak Like a Pro!

Communication Training for the Modern Workplace and Campus

Because how you communicate determines how you are perceived,

ALLZWELLEVER

trusted, and remembered — in every room you walk into.

Where Wellness, Communication & Leadership Meet.



COMMUNICATION

PROGRAMMES

Experiential

Reflective

Applicable

Online · Offline · Hybrid

Single Session · Short Course

Half-day · Full day · Customised

Our Communication Programmes

01 Speak with Confidence

From hesitation to impact

- Overcoming communication anxiety
- Voice, pace, tone & presence
- First impressions that last

02 Assertive Communication

Say what you mean. Mean what you say.

- Saying no without guilt
- Handling difficult conversations
- Setting boundaries effectively

03 Communication at Work

Clear, credible, outcome-focused

- Active listening & giving feedback
- Email & written communication
- Storytelling to persuade & present

04 Think on Your Feet

Clarity under pressure

- Impromptu speaking skills
- Structured responses in real time
- Managing nervousness in meetings

05 Conversations Across Differences

Bridge gaps. Build trust.

- Communication across generations
- Navigating conflict with composure
- Psychological safety in teams

06 Campus to Career

Communication as a career skill

- Interview communication skills
- Group discussions & presentations
- Professional presence & digital etiquette

Certificate of Completion

Pre & Post Assessments

Practice-First Sessions

Session Booklet Included

Online · Offline · Hybrid