

Command the Room

Presence, authority and communication that hold when it matters.

An experiential communication and presence workshop built on the Beck Emotional Access Technique® (BEAT™).

Some people appear naturally commanding. Presence isn't a personality trait — it's expressed through behaviour, and that means it can be trained. Command the Room develops the behavioural capacity behind powerful professional communication.

The objective isn't to teach people to look confident. It is to increase their capacity to communicate with presence when it actually matters.

Why this is different

We train the underlying relationship between awareness, attention, intention and behaviour — not a checklist of confident-looking tips. The result is a greater behavioural range from which authority, warmth, clarity and presence can be deliberately accessed.

Awareness → Attention → Intention → Behaviour Change → Improvement & Habit

The six modules

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| 1 | Your Communication Under the Microscope | <i>Fay</i> |
| | Awareness before change — building an individual behavioural baseline. | |
| 2 | Attention, Intention & Impact | <i>Fay</i> |
| | Shifting intention while observing the change in voice, body and register. | |
| 3 | Embodied Presence | <i>Martina</i> |
| | The physical behaviours that communicate authority before you speak. | |
| 4 | Voice, Authority & Expression | <i>Fay & Martina</i> |
| | Breath, pace, pause and rhythm — authority isn't volume. | |
| 5 | Presence Under Pressure | <i>Fay & Martina</i> |
| | Recovering communication when challenged, not becoming controlled by the reaction. | |
| 6 | Applied Performance | <i>Fay & Martina</i> |
| | Realistic scenarios integrating everything, with direct feedback. | |

Who this is for

Managers and leaders, emerging and high-potential leaders, senior professionals, client-facing teams, consultants and technical specialists preparing for high-stakes presentations. No previous presentation training required.

Format & pricing

Half Day — Essentials

9:00–1:00 · 6–8 people · 4 modules

£2,000

Full Day — Command the Room

9:00–5:00 · up to 12 people · 6 modules · lunch included

£3,400

Venue hire quoted separately where not delivered at your own premises.

Ready to talk?

Book a discovery call to discuss your team's needs.