

SILENT PERFORMANCE PRACTITIONER [CERTIFICATION]

Learn how to facilitate effective and purposeful meetings, support the D&I-agenda and raise your public speaking skills.

Endless meetings filled with excessive talking are unsustainable. Our brains are not wired to cope with such information overload. As complexity and the pace of change escalate, it becomes increasingly vital to 'break the noise'.

To safeguard mental health and foster inclusive communication at work, it is crucial to cultivate a silent mindset and toolbox. By embracing the Silent Performance approach, you'll bring all voices into play.

IN ONLY FOUR MONTHS, YOU'LL LEARN HOW TO:



Save time by minimizing unproductive conversations



Amplify collective intelligence in your teams and meetings



Enhance your verbal and non-verbal communication skills



Harness the hidden potential of introverted competences



Create space for reflection, mental rejuvenation, and social cohesion during meetings



Prevent errors and misunderstandings by reducing information overload



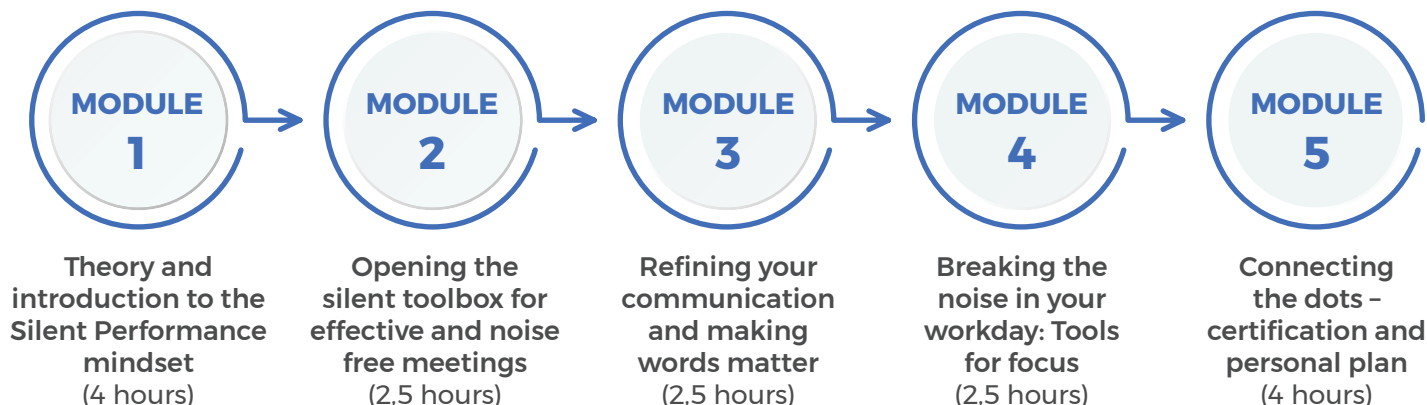
Foster maximum psychological safety in your work environment



Actively promote a mentally healthy and sustainable work culture

In five modules, you'll gain insights from neuroscience, linguistics, and behavioral science. Experience a dynamic blend of theory, practical exercises, and actionable tools you can apply from day one.

THE FIVE MODULES CONSISTS OF:



WHO SHOULD ATTEND?

Silent Performance is essential for professionals at all levels, especially for those who lead meetings, drive projects, and promote effective collaboration.



PROGRAM DIRECTOR:

Bastian Overgaard, is facilitator, founder of the silent co-creation approach and author of the critically acclaimed bestseller "Støjfri Ledelse: Hvordan vi opnår mere ved at snakke mindre" (Noise Free Leadership: How we achieve more by talking less.). He has inspired, taught and advised Danish and International organizations such as Novo Nordisk, RWE Renewables, Orsted, TDC and The LEGO Group.

LEARNING STYLE AND TIMING:

The training program spans four months and is thoughtfully designed to minimize disruptions to your work while maximizing its impact. By enhancing focus, improving decision-making, and saving time, it directly supports the projects you're working on. Online classes are scheduled at four-weeks intervals. Additionally, you'll join small training groups to discuss and apply your learnings, building a strong network of like-minded peers for future growth and professional support. Certification can be achieved through a written exam, recognizing your expertise. To ensure an optimal learning experience, class sizes are capped at 18 participants.

COURSE FEE
(inclusive certification diploma)
DDK 9.850 kr ex vat.

Ready to take the next step? Reach out today via email at info@bastianovergaard.dk to inquire about course availability, secure your spot, and embark on a transformative learning journey!