

Voix Essentielles

Learn basic communication skills to interact easily with others, including partners, members, the public and institutions

You have shared with us many reasons why you don't dare to express yourself:

- Fear of ridicule
- Poor command of the French language
- Stressed about speaking in front of an audience
- Fear of forgetting what you are going to say
- The feeling of not being important
- Not having the right to express yourself as a woman
- A woman shouldn't put herself forward
- The weight of society
- The issues you address remain taboo subjects
- The risk of your image/person being associated with the subject you're talking about



Our advice

Remember that you're a BRIDGE between those you are supporting and the authorities. You are the link, the thread that gives hope. You know and master your subject because you experience it on a daily basis. Nobody is better placed to speak about it than you. We suggest you memorise the word BRIDGE, where each letter recalls a number of concepts.

● Belief

Try to adopt motivating beliefs. Believe in yourself and your potential. You can succeed and you have the right to express yourself. No matter how well you speak French, it isn't your mother tongue. The main thing is the message you want to get across.

● Real

You are unique, stay true to yourself. Better to be an original than a copy. The British writer Oscar Wilde said "Be yourself, everyone else is already taken".

● Intonation

Use your voice as an instrument and modulate the sound to give rhythm to your words, for greater effect and impact.

● Demeanour

Work on your posture, the way you stand. Hold your head high and your feet straight. Like a baobab tree in Madagascar, root yourself in your culture for a solid foundation but open yourself to the world as the branches spread out into the sky. And never stop learning, discovering, experimenting.

● Gaze

"The eyes are the windows to the soul." Work on your gaze when you speak. Direct it at the person you are talking to, your audience, for 7 to 10 seconds before moving on to someone else.

● Empathy

In all things be kind. Firstly, towards yourself, for your imperfections and mistakes. Be kind to others too, for their shortcomings, failings, weaknesses and ignorance. We are only human. Kindness opens hearts and doors. It's a superpower !



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