

Media Training

Media training prepares individuals for various mediums of journalism such as TV, print, radio and digital. It is important training that helps prepare people for the unpredictable nature of interviews, keeping them focused on conveying their key message despite any distractions, anxiety or uncomfortable situations that can occur in such an environment.

Spokespeople or go-to people for interviews such as CEOs, executives, experts, or personal representatives can greatly benefit from media training. This course is also recommended for actors, sportspeople, and celebrities who are constantly in the public eye.

What will be covered

- Assertiveness training for potential confrontations
- Strategic & concise communication
- Q&A improvisations
- Rapid fire interview questions
- Deflection & changing topic
- Nonverbal mastery: presence, gestures, posture
- Vocal strength and mastery
- Self regulation & stress management: leading up to and in the moment
- Articulation
- Confidence building
- Technical aspects: cameras, microphones, audience etc
- Presentation: clothing, hair, make-up

Timeframe & Lesson Info

12 x 1 hour lessons, 1 x week, for 3 months.

With an additional 1 month grace period to use up all lessons to cater to rescheduling; conflicting schedule or illness.

*Alternative arrangement: lesson schedule is also possible 2 x week, or every fortnight to cater to your needs, in which case a new time frame to use up the lessons is set.

If you wish, the first lesson from the package can be bought separately as a trial class before you commit to the full package.

Lesson Package & Cost

- 12 x 1 hour lessons
- Lesson materials and handouts
- Discount for continued lessons
- Total cost = **\$840 USD**

*Once the course is completed, students are offered a discounted rate to continue learning on a regular or casual basis.

Cancellation policy

The course runs for 3 months with 1 month extra to make room for busy periods or unexpected situations. You will have 4 weeks extra to cover any missed lessons (4 months in total). Beyond the 4 months, any remaining lessons are nulled.

*If you cannot make a class please cancel at the very latest 24 hours in advance, otherwise the class will be charged.

Get in touch for full course breakdown by module via jovanami.coach@gmail.com