

# Express to Inspire



You present, pitch ideas, motivate teams, run meetings, and represent your organisation. How would you describe the way you express yourself. Charismatic? Inspiring? Memorable? Compelling?

Does something hold you back? The internal editing, Years of being careful, appropriate, professional. True expression happens when you're uninhibited. When you rediscover ease. When expression is natural and purposeful, people listen.

Teams align. Culture strengthens. Momentum builds.

**This is what we help you unlock.**

**21-24**  
**JULY 2026**  
**MUMBAI**

Jio World Centre, BKC  
Timings: 9:00 am – 6:00 pm

**28-31**  
**JULY 2026**  
**CHENNAI**

Raintree, Alwarpet  
Timings: 9:00 am – 6:00 pm

**INR 1,50,000 per participant + taxes**



DESIGNED FOR  
**CEOs & CXOs**  
**Entrepreneurs & Founders**  
**Senior Business & Functional Leaders**

An open cohort with a cross-industry mix, carefully curated for comparable responsibility, visibility, and contribution

LED BY



**TARUN KOCHHAR**

35 years of shaping leaders  
Organisation Development & Brand Consultant  
Advisor to CEOs & Founders  
Director & Actor

SUPPORTED BY EXPERTS IN  
**Wardrobe & Personal Presence**  
**Investor Conversations**  
**Media Engagements**  
**Board Advisory**  
**Body & Voice**

HOW THE PROGRAM RUNS

**In-person, immersive experience**  
Cohort size: **12 participants**  
**Individual focus within group work**  
Duration: **4 days**



## WHAT THE EXPERIENCE DOES FOR YOU

This isn't presentation skills. We don't fix your slides. This isn't media training. This is about removing what's in the way. When leaders express themselves with clarity and alignment, decisions move faster and stakeholder confidence deepens.



**Free your expression** and be fully present in the moment

**Find your unique style and voice**

**Craft communication** that sticks and changes behaviour

**Get thinking, voice, and body** to work in tandem.

## KEY ELEMENTS

### BARRIERS INVENTORY

A proprietary diagnostic that surfaces personal communication barriers, patterns, & pressure triggers

### THE SPEAKER'S JOURNEY

From preparation & rehearsal to stepping on stage, opening, owning the space, and closing with intent

### BEFORE & AFTER EXPRESSION

Participants experience and measure their shift in expression from when they enter to when they exit

### BODY, VOICE & MINDSET

Releasing tension, breaking patterns, building presence, & developing a performance-ready mindset

### SHAPING THE MESSAGE

Structuring ideas for clarity, flow, richness, & impact

### PERSONAL STYLE & PRESENCE

Defining & refining a distinctive look and communication signature

## WHERE THIS MATTERS

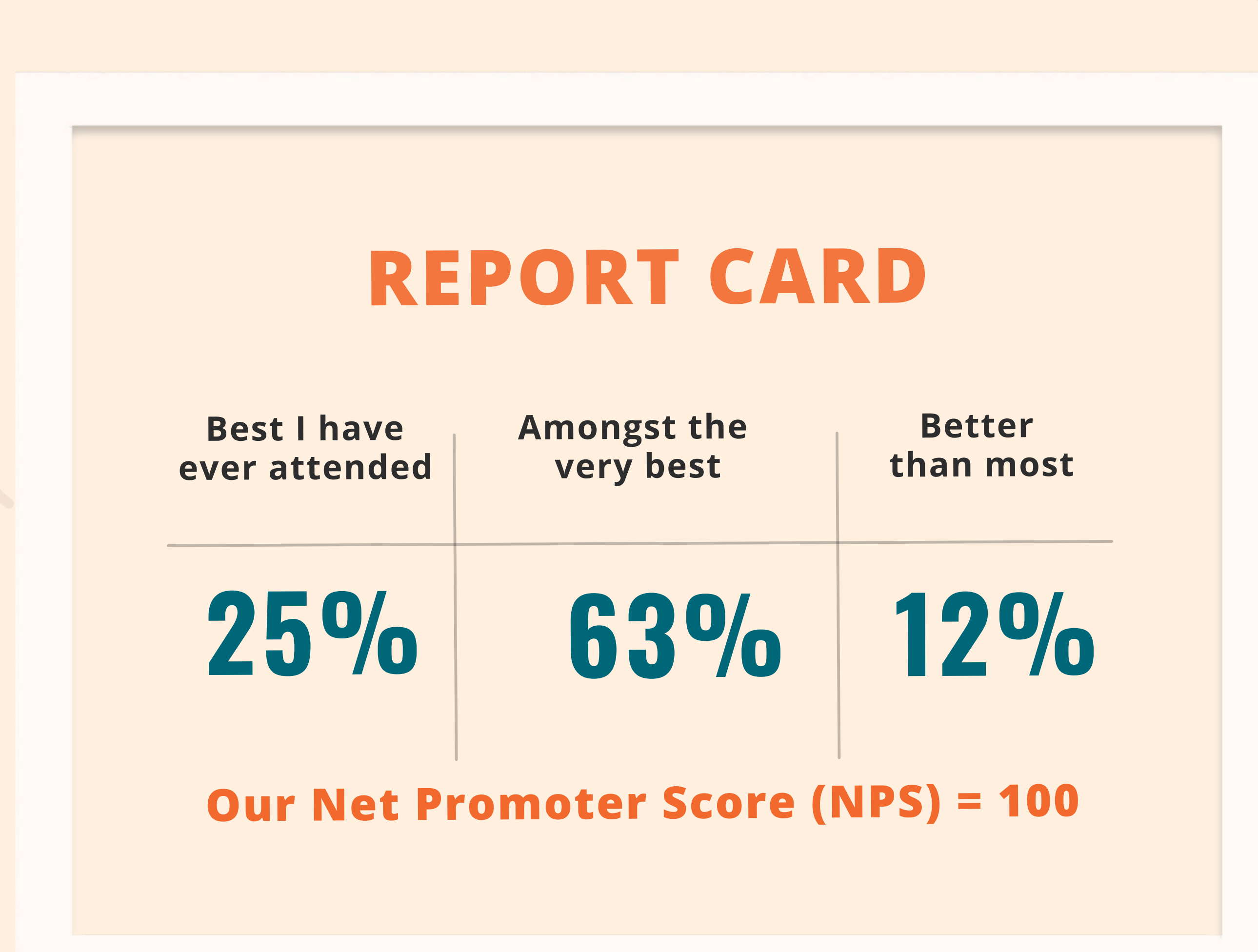
**We work with your real moments. Not case studies.**

Your board meetings. Your town halls. Your difficult conversations. The times when you need to inspire, influence, or ignite action.

**Analyst Calls**  
**Investor Pitches**  
**Product Launches**  
**Customer Presentations**  
**Board & Leadership Forums**  
**Keynotes & Industry Seminars**

**Town Halls**  
**Media Interactions**  
**Crisis Communication**  
**Difficult Conversations**  
**Vision & Values Communication**  
**Recognition & Milestone Speeches**

## FULL MARKS, FLYING COLOURS



*It's a **life-changing program** that I should have attended a decade or two ago*

*People around me have observed and said, **'You look like a completely different person now'***

***Very transformative and supportive** for me; worth the effort, time, and money*

*Thought-provoking, **inspiring**, and pushing us to be simple*

## TAKEAWAYS

*The program helps people communicate their ideas with **clarity, confidence, and impact***

*Personally **brought out the kid in me** who wants to break barriers*

## WHERE WE'VE MADE A DIFFERENCE

Hindustan Unilever • Allergan • Ashok Leyland • Yum Restaurants • Timken • GE Healthcare • Honeywell • Kauvery Hospitals • Namdhari Group • SPI Cinemas, among others



[www.freebrd.in](http://www.freebrd.in) | [hello@freebrd.in](mailto:hello@freebrd.in) | +91 90030 73082

Nominate participants or request a call via the website. Limited seats. Confirm via a short conversation.