Express to Inspire

LIGHT A SPARK WHEN YOU SPEAK

WHERE & WHEN

21-24 SEP 2026

Venue:Bangalore International Centre, Bangalore
Timings: 9:00 am – 6:00 pm (all four days)

INR 75,000 per Participant for the 4 days
(Taxes as applicable)

You present, pitch ideas, motivate team members, lead meetings, give and receive feedback. As your career grows, how you express yourself becomes just as important as what you know. 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.

This is what we help you unlock.

DESIGNED FOR

First Time Managers
Individual Contributors
Entrepreneurs & Founders
Project Leads

An open cohort with a cross-industry mix, carefully curated for comparable responsibility, visibility, & 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 & Executive Presence
High-Impact Presentations
Influence Through Human Connection
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

Your technical expertise got you here. Your ability to communicate, influence, and inspire will take you further.

This workshop is about removing what's in the way. So you can express yourself with confidence and clarity, collaborate across functions and navigate critical conversations.

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

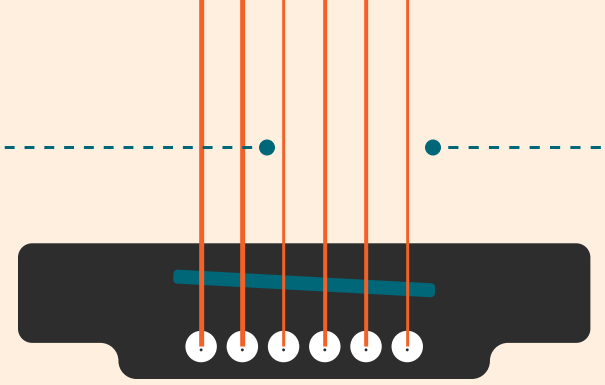
Participants experience and **measure their shift in expression** from when they enter to when they exit

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.
The meetings that matter. The presentations that shape decisions. The conversations that build credibility. The moments when you need to inspire, influence, and move people to action.

- **Team Meetings**
- **Difficult Conversations & Feedback**
- **Project Kick-offs & Reviews**
- **Stakeholder Presentations**
- **Leadership Updates**
- **Customer & Client Conversations**
- **Cross-functional Collaboration**
- **Technical & Business Presentations**
- **Recognition & Appreciation Speeches**
- **Performance & Career Conversations**

FULL MARKS, FLYING COLOURS

REPORT CARD

Best I have ever attended	Amongst the very best	Better than most
25%	63%	12%

Our Net Promoter Score (NPS) = 100

TAKEAWAYS

*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*

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

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

WHERE WE'VE MADE A DIFFERENCE

Hindustan Unilever • Allergan • Ashok Leyland • Yum Restaurants • Timken • GE Healthcare • Honeywell • Godrej • Hexaware • SPI Cinemas, among others

FreeBrd

www.freebrd.in **hello@freebrd.in** **+91 90030 73082**

Nominate participants or request a call via the website. Limited seats. Confirm via a short conversation. Program fee shared on request.