Express to Inspire

LIGHT A SPARK WHEN YOU SPEAK

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.

FROM
NOV 21-22, 28-29 & DEC 05-06
(SPREAD OVER 3 WEEKENDS)
Timings: 10:00 am – 12:00 pm and 3:00pm - 5:00pm

LIVE ONLINE PROGRAM

INR 25,000 PER PARTICIPANT

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
Online, Live experience
Cohort size: **12 participants**
Individual focus within group work
Duration: **3 weekends**
(Nov 21-22, 28-29, and Dec 05-06)

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.

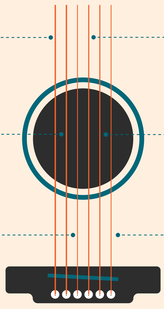
Free your expression and be fully present in the moment

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

BEFORE & AFTER EXPRESSION
Participants experience and **measure their shift in expression** from when they enter to when they exit

SHAPING THE MESSAGE
Structuring ideas for clarity, flow, richness, & impact

THE SPEAKER'S JOURNEY
From **preparation & rehearsal to** stepping on stage, opening, owning the space, and **closing with intent**

BODY, VOICE & MINDSET
Releasing tension, breaking patterns, building presence, & **developing a performance-ready mindset**

PERSONAL STYLE & PRESENCE
Defining & refining a distinctive look and communication signature

WHERE THIS MATTERS

We work with your 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	**Town Halls**
Investor Pitches	**Media Interactions**
Product Launches	**Crisis Communication**
Customer Presentations	**Difficult Conversations**
Board & Leadership Forums	**Vision & Values Communication**
Keynotes & Industry Seminars	**Recognition & Milestone Speeches**

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 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

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.