



COOPERATION OFFER

For 25 years, I have worked with words, voice, in front of the camera and on stage. I support leaders, experts and people representing organizations in situations where the way they communicate affects authority, reputation and business relationships.

Over the years, I have developed my skills as a journalist, television presenter and commentator, working for TVN, TVN24 and Canal+. As a conference host and moderator, I lead business conferences, debates, panel discussions, galas and industry events. This allows me to regularly work with board members, managers, entrepreneurs, business owners and representatives of public institutions.

This experience allows me to observe communication in an environment where relationships are built, organizations are represented and decisions are made every day.

I work in Polish and English. I support clients preparing for business presentations, debates, media appearances, communication in front of the camera and other situations where the quality of communication affects how a person, brand or organization is perceived.

WHO I WORK WITH

I work with people for whom communication is one of the most important tools of work, influence and relationship building. These include:

- women and men in leadership roles managing teams or entire organizations,
- board members and people representing companies during public appearances and industry events,
- entrepreneurs, business owners and founders building their own authority and that of their organizations,
- experts, consultants, trainers and advisors developing their professional visibility,
- people preparing for important presentations, speeches, debates or media contacts,
- professionals consciously developing their communication skills.

I work both with people who speak in public regularly and with those preparing for their first important public appearance. A key factor that influences the effectiveness of the process is readiness to grow and the belief that effective communication is one of the most valuable investments in professional and personal development.

I work in Polish and English

I also support clients preparing for speeches, presentations, conferences and business contacts in an international environment. In such situations, we work on the message, the choice of a style suited to the person's level of English, confidence and comfort in communicating in English.

SELECTED ORGANIZATIONS I HAVE SUPPORTED IN COMMUNICATION CHALLENGES



These are selected organizations where I have led individual development processes, communication mentoring, workshops, training sessions and preparation for business presentations, media appearances and special occasion speeches. The selection of companies shows the diversity of industries, environments and scale of operations.

- Ringier Axel Springer
- Orlen
- Lufthansa
- Siemens Financial Services
- Lux Med
- Red Bull
- Geodis Polska
- NRF Polska
- Forum by Nowy Styl
- Olesiński i Wspólnicy
- People More
- Brian Tracy Polska

Regardless of the industry, the common denominator of these projects is the need for clear, credible and effective communication.

MY ADVISORY APPROACH

I see cooperation as a process of developing communication skills and self-awareness. Participants learn specific techniques, but it is equally important to understand the mechanisms behind them and consciously adapt them to their own personality, experience and goals. This helps them develop a way of communicating that is effective, natural and authentic.

The basis of cooperation is workshop work based on the real challenges and tasks of the participants. I use video recordings, practical exercises and immediate feedback, so communication skills can be observed and applied on an ongoing basis.

We work both on specific skills (the structure of a message, voice work, speaking in front of the camera and stress) and on self-awareness in communication. I believe that the greatest strength of a speaker is the conscious development of their own way of communicating, based on their experience, personality and values.

Each cooperation is adapted to the individual, their goals and the situations in which they work professionally. As a result, workshops and training sessions often become the beginning of a further development process or advisory cooperation.



KEY AREAS OF COOPERATION

The clients who come to me have one thing in common – they want to communicate more effectively, more confidently and more consciously. Most often, we work on the following areas:

Speech and Presentation Strategy

- How to organize thoughts, build a logical message, choose arguments, create engaging openings and endings, and speak about complex topics in a clear and memorable way.

Confidence Under Pressure

- How to speak freely under pressure, better understand your own reactions to stress and tension, and maintain control of the message during important speeches and meetings.

Voice, Diction and Delivery

- How to control pace, pauses, intonation, diction and breathing, and how to consciously use the voice as a tool for building authority and keeping the audience's attention.

On-Camera Communication

- How to become comfortable with the camera, feel at ease and speak naturally during video recordings for social media, webinars and internal communication.

Executive Presence and Leadership Communication

- How to communicate decisions, lead meetings, represent an organization and build credibility without losing authenticity and your own communication style.

Stage and Camera Presence

- How to share knowledge more effectively, present your experience and expertise, build recognition and strengthen your professional position through the quality of communication. Practical aspects of public speaking: solutions that increase comfort and effectiveness of communication on stage, during conferences and galas, and in front of the camera during video recordings, podcasts and live broadcasts.

Non-Verbal Communication and Presence

- How to build credibility and consciously shape behaviours that influence how we are perceived by others. The subtleties of communication that often determine trust, respect and authority.



COOPERATION FORMATS

Depending on the goal, needs and available options, cooperation most often takes one of the following forms.

Executive Communication Mentoring

- Individual cooperation with leaders, experts, entrepreneurs and people preparing for keynote speeches, important public speeches, presentations, media interviews or other situations where the way they communicate is especially important.
- The process is adapted to the goals, challenges and professional environment of a specific person. It combines elements of advisory work, practical workshop work, direct preparation for a public appearance and work on the long-term development of communication skills.

Corporate Workshops and Training

- Programmes delivered for teams, departments, management staff and leaders responsible for managing people, leading meetings, representing the organization, working with clients, public speaking and expert communication.

Preparation for a Strategic Appearance

- Support focused on one event: a business presentation, conference, debate, media appearance, podcast, video recording or presentation to the board. Together, we prepare the content, message structure and delivery.

Small-Group Development Workshops

- Intensive work in a small group, combining an individual approach with the exchange of experience between participants. This format works particularly well for experts, consultants, trainers and entrepreneurs developing their communication skills.

Executive Communication in English

- Individual processes and workshops delivered in English for people working in an international environment or preparing for presentations, meetings, conferences and public appearances outside Poland.



INVESTMENT AND COOPERATION TERMS

*Each cooperation starts with a conversation about the goal, challenges and expected results. The options below are among the formats most often chosen by my clients. I prepare each project in a format adapted to the specific situation and needs of the organization. **All forms of cooperation can be delivered both in Polish and in English.***

Executive Communication Mentoring

- **Mentoring package**
5 meetings (2h+)
10,000 PLN net *
- **Long-term process**
minimum 10 meetings (2h+)
1,500 PLN net * per meeting

***price applies to sessions delivered in Warsaw, the surrounding area or online**

Team and Corporate Development Workshop

- **Workshop (up to 4 hours)**
6,500 PLN net
- **Workshop (up to 8 hours)**
10.000 PLN net
- **Series of 3 workshops (3 hours each)**
for groups of up to 6 participants
12,000 PLN net

Individual Preparation for a Strategic Appearance

Support focused on a specific event and goal: a business presentation, conference speech, media interview, debate, podcast, video recording or another public appearance that requires special preparation.

Individual pricing



ELEMENTS THE COOPERATION MAY INCLUDE

Depending on the goal and form of cooperation, participants may benefit from additional elements that support the development of communication skills, including:

- individual feedback on communication skills and professional image,
- exercises and tasks supporting further development between meetings,
- analysis of speeches, presentations and communication materials,
- consultations related to a specific speech, presentation, media appearance or business event
- recommendations for further development of communication skills,
- educational materials supporting further development.

Sergiusz Ryczel
Executive Communication Advisor
Presentations | Keynote Speeches | Panel discussions | Media | PL/EN

