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# The Dialogue Room

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We learn not to be.

All that stands between you  
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**The Dialogue Room** offers a unique opportunity to practise speaking clearly and listening well. It was developed in response to the demand from private clients who want the chance to meet other students and to progress, as a group, over several weeks.

The course has been designed and developed with Stephanie Young, an experienced facilitator with whom Kieran Morris has been delivering successful workshops since 2016.

# Confidence Through Talk

People are born confident.  
We learn not to be.

We want to help you remember what used to feel natural: the freedom to speak as yourself (as every eighteen-month-old person does).

The Dialogue Room recognises that, as adults, many of us do not feel confident when we talk – in board rooms, on panels, in meetings, in lecture halls. With family. At weddings.

Fortunately, we believe all that stands between you and a fluent expression of your thoughts and feelings are habits that can be unlearned.

But first you have to know what these habits are.

We will help you identify them. And from that place of clarity, we will give you exercises to help you express yourself and to develop your active listening while others are talking.

You will practice this work in small groups, one-to-one, and eventually, in front of the whole class. Over time your confidence will grow and develop.

By the end of the course, you will have experienced, directly, the impact these habits have on your confidence as a speaker and, crucially, who you can be without them.

## Stephanie Young

Stephanie Young is a professional writer and performer, with a background in theatre, radio and television, and a trained facilitator who has lectured at the University of Ulster and University of East London. She led workshops for over three years in six different prisons across the UK with The Forgiveness Project on how telling a new story can change a person's life.

A classically-trained singer and actor, apprenticing at the Stratford Shakespearean Festival in Canada, she has sung on BBC4, formed two successful production companies and is the recipient of the Tyrone Guthrie and Peggy Ramsay awards. Her plays and adaptations have been performed across the UK and internationally.

Stephanie specialises in creating dialogue, for both intimate and public conversations, as well as on stage, and in working with all



of the beliefs that impact our happiness and that influence our ability to speak with confidence and self-awareness.

**“Stephanie and Kieran were amazing and extremely welcoming, with such enthusiasm. An amazing, inclusive experience. Thank you so much!”**

– Foot in the Door course feedback

## Kieran Morris

Kieran Morris is a professional musician and vocal teacher, who also specialises in training communication skills. He directs and conducts four choirs for Sing Healthy Choirs, including workplace choirs for Cisco and Softcat. As a senior voice coach at London Speech Workshop, he taught over 140 clients one-to-one, working on accent softening and effective communication skills. These experiences inspired him to create The Dialogue courses.

Kieran has put his broad range of communication skills to use over the years, across a range of specialist projects for charities.

To help arts organisations communicate with their audiences more effectively, he formed DeNovo Arts, a video production company that worked for London Sinfonietta, Wigmore Hall and BCMG, producing a wealth of films with acclaimed musicians, artists and conductors.



He managed the complete re-brand of classical concert hall St John's Smith Square, and became project lead on a £150k digital R&D Arts Council project, managing budgetary spend and creating bespoke content and training for four organisations in Birmingham.

**“An absolute pleasure to work with and I look forward to our many collaborations in the future.”**

– Digital R&D Thrive project feedback

**The Dialogue Room** begins with an intense two-day workshop. This is the first chance to meet both of the tutors and new colleagues.

Over two days the group will begin to bond, support one another in identifying the beliefs that inhibit good conversation, and start to learn how to speak and listen more effectively.

The group becomes a close and powerful unit, greater than the sum of its parts, as colleagues experience the rare pleasure of talking openly about talking.

# Workshop outline

## Day one

Introductions

Conduct informal interviews and explore how to listen and how to speak so others will listen to us

Learn to identify the persistent thoughts that arise in relation to our speech

Explore motivation in speaking – what it means to care about being heard and understood

Analyse films of great speakers

Perform an exercise in vocal projection

Create and practise a speech or conversation, applying the new techniques

Share our experiences of the day

## Day two

Share overnight feedback

Learn the basics of good, active listening

Practise the basics of good speaking and listening

Explore techniques for understanding our negative beliefs

Understand the role of feeling in conversations, meetings and public speaking

Revisit the informal interview from day one, with a redefined focus on feeling

Rehearse your piece from day one, being aware of vocal projection, fillers, eye contact, motivation and feeling

Share feedback about the day, discuss next steps and receive an introduction to the weekly sessions

**Participants are invited** to keep meeting, once a week for ten weeks, to expand the skills they have learned in the workshop.

Each student chooses projects to work on throughout the course. Every class offers structured exercises in addition to improvised solutions for questions the participants bring to class that week.

The tutors create a welcoming and even celebratory room: we know life-changing things happen when people learn how to speak openly together.

# Example weekly outline

## Week one

Decide which aspect of self-expression you want to develop over the first five weeks (giving better speeches, communicating more easily with colleagues, delivering clearer presentations). With the help of the tutors, clarify what you want to say and decide which tools will serve this project best.

*Focus: how to deal with nerves*

## Week two

Explore the limiting beliefs that become active when speaking. Review techniques for becoming more aware of thoughts and habits and how to integrate them.

*Focus: voice projection and eye contact*

## Week three

Trial your project with a partner who will respond to your technique. Practise answering 'audience questions'.

*Focus: posture and body language*

## Week four

Refine and polish your project. Work one-on-one with tutors to prepare for next week's presentation. Share new insights into limiting beliefs.

*Focus: how to give and take feedback*

## Week five

Present your first project to the group. Feedback to one another.

*Focus: how to accept praise*

# Example weekly outline

## Week six

Choose your project for the next five weeks. Practise exercises revealing the power of 'attention'.

*Focus: listening*

## Week seven

Role-play scenario in which your project will take place. Discuss and practise solutions for negative beliefs that arise.

*Focus: responding to resistance in others*

## Week eight

Learn dialogue to draw upon when feeling frustration, anxiety or stress. Practise in pairs. Feedback to the group.

*Focus: timing a conversation*

## Week nine

Work one-on-one with tutors on your second project. Refine all techniques. Practise expression of feeling.

*Focus: technique as a medium*

## Week ten

Present your second project to the group. Feedback to colleagues and celebrate the completion of the course.

*Focus: taking new skills into the world*

**Thank you for your time** and interest; we hope you have enjoyed learning more about The Dialogue Room.

If you have questions, please get in touch. We would be delighted to hear from you.

Every workshop we run brings us new discoveries and experiences. One of our recent graduates told us that **“I now feel like anything is possible”**.

We want to share that feeling with you.

# Questions

## Who is this course designed for?

The course is for people who would like to feel more confident in how they communicate, day-to-day. We are excited to set the bar high, asking a lot of ourselves and one another, both emotionally and technically. One of our greatest pleasures is working with like-minded participants.

## How quickly will I progress?

The initial process of discovering one's limiting beliefs is quick. Establishing new habits takes practise. We've designed the course to give you everything you need to understand these beliefs and the welcoming space in which to rehearse speaking without them. By the end of ten weeks you will have tried out your new skills in small groups, one-to-one and in front of the whole class. This work is most effective in the supportive and encouraging environment that we enjoy creating. We've got your back, all the way.

## Who else will be on the course?

We attract people who are excited about gaining confidence, not just as speakers but in all areas of their lives. We have worked with lawyers, doctors, entrepreneurs, marketers, engineers, composers, linguists, copywriters, programmers, CEOs and civil servants of all ages, races and genders. Of the 12–16 people in your group, you are likely to meet a rich mix, from different backgrounds and professions.

# Booking

## Course fees

The full course costs £1700, with financing and scholarships available. It comprises the opening two-day workshop and the ten follow-up sessions.

If you would prefer to spread the cost of the course, we can accept payment by instalments.

An initial payment of £700 will secure your place on the course. Please see our website for further details.

## Enrollment

Courses run throughout the year at locations in central London.

You will find all booking information on our website, where you can reserve your place on an upcoming course.

We accept payment by Visa, Mastercard and American Express, or via BACS/IBAN transfer.

## Scholarships

If you want to work with us but cannot afford the full course fees, please get in touch. We endeavour to support exceptional candidates where attendance would otherwise be impossible.



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[kieranmorris.com/dialogueroom](http://kieranmorris.com/dialogueroom)