



glow

A man in a brown suit jacket is shown from the back, holding glowing, wavy energy lines in his hands. The background is a blurred crowd of people, suggesting a social or public event. The overall color palette is warm, with purples, pinks, and oranges.

Unlock your glow:  
face-to-face & online impact

# Who we are

We help you unlock your Glow

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Glow is a new and innovative communication skills and personal impact training company based in the UK.

Our training harnesses the 'secret theatre skills' actors use to have charisma and presence on stage and screen and applies them in the real world to help organisations and professional individuals be more confident, impactful and successful in the situations they face day to day, both face-to-face and online – we help you unlock your Glow.

“I must have been on hundreds of presentations skills courses over my career but this is the first time I’ve actually learned anything that I could actually use to make my presentations better and make me a better presenter”.

*European Sales Director, Zurich Insurance*

Our zoom and face-to-face sessions are fun and engaging and the skills are easy to learn and easy to apply back at work and have been embraced successfully by hundreds of clients over the last 11 years.

Glow offers classroom and zoom training for up to 10 delegates, 1-to-1 coaching, seminars/webinars for up to 100 delegates and conference energisers for up to 1000.



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# Who we've worked with



# Unlock Your

# Glow

Feeling confident & coming across  
as the 'best you' in any situation



# The Power Of Masks



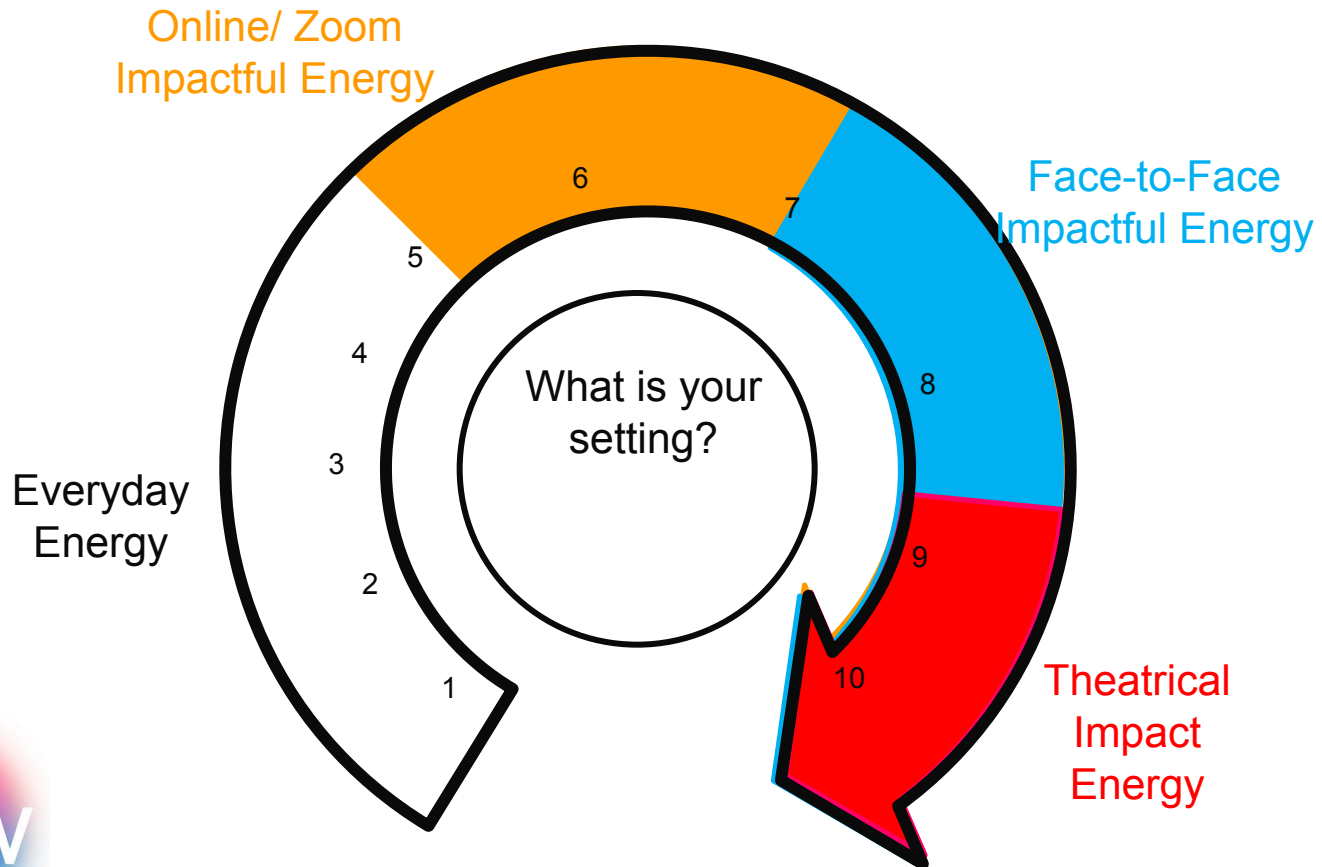






...so how can you build a confident zoom 'mask'?

You need to 'Dial Up' your behaviour



# Unlock Your

## Behaviours to 'Dial-Up on your next zoom... Glow

1. **Sit up!**  
It will make you feel more interested & engaged
2. **Speak up!**  
It will make people listen & take you seriously  
(don't make others do the work)
3. **Look up!**  
Don't let your eyes to wander & if you make a point look directly into the camera
4. **And smile!**  
90% of us have resting 'grump' face, make the meeting more positive for them AND for you

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