



# Unscripted Academy



+44759 090 4151



cm@unscriptedacademy.co.uk



www.unscriptedacademy.co.uk



# Our Modules

Unleash your creativity.  
Unlock your Potential.



## About us.

The world isn't scripted, no matter how hard we try. The journey to confident communication starts by finding confidence in yourself.

Using experiential methods of improv, role play, and group discussion, we help you and your team discover your authentic style, and in doing so, your voice.

## Our Founder

- ✓ Connor's experience spans across entertainment, education, and corporate.
- ✓ He has worked as an actor across stage, TV & Film, and led many improv theatre groups, affording him to the skillset required to assist in personal development.
- ✓ Training offers a blend of performance, professionalism, and development.

## Pick from 8 modules

- Speaking & Presenting
- Communicate in Conflict
- Sales Advantage
- Building a team
- Create to Innovate
- Strength & Adaptability
- Diversity, Equity, Inclusion
- Health and Wellbeing

## Flexible Format

Each module has **12 hours** of available material, divided upon request. Each workshop has a max. capacity of **16 participants**.

**Take the full journey, or pick *the* session that really speaks to you.**

**It's completely flexible!**



# Speaking & Presenting

**Confidence. Clarity. Impact.**

*Unscripted Academy's 6-part programme equips professionals with the tools to present with confidence, connect with audiences, and deliver messages that make an impact. Designed for any level of speaker, these 90-minute interactive sessions blend practice, feedback, and proven techniques.*

## PROGRAMME LAYOUT

### Session 1

*Overcoming nerves & building confidence*

### Session 2

*Voice control & body language*

### Session 3

*Structuring powerful presentations*

### Session 4

*Storytelling & visual aids*

### Session 5

*Handling Q&A sessions with confidence*

### Session 6

*Final presentations & feedback*

## KEY BENEFITS

- ✓ *Build lasting confidence in front of any audience*
- ✓ *Develop a strong persuasive speaking style*
- ✓ *Learn to use your voice and body language effectively*
- ✓ *Gain practical feedback and apply it immediately*
- ✓ *Deliver structured, engaging presentations*
- ✓ *Respond calmly and clearly to challenging questions*

## OUTCOMES

By the end of the programme, participants will learn to:

- Present with confidence and composure
- Deliver structured, engaging presentations
- Respond calmly and clearly to challenging questions

*Ready to polish your team's presenting skills?*



**[cm@unscriptedacademy.co.uk](mailto:cm@unscriptedacademy.co.uk)**





# Communicate in Conflict

**Resolve. Influence. Lead.**

*Unscripted Academy's 6-part programme equips professionals with the skills to manage conflict, navigate difficult conversations, and communicate with clarity and confidence. Designed for any level of communicator, these 90-minute interactive sessions blend practice, feedback, and proven techniques.*



## PROGRAMME LAYOUT

### Session 1

*Styles of conflict & conveyance*

### Session 2

*Active listening & empathy*

### Session 3

*Managing emotions & staying composed*

### Session 4

*Assertiveness & difficult talks*

### Session 5

*Finding win-win solutions*

### Session 6

*Applying skills with real scenarios & feedback*

## KEY BENEFITS

- ✓ Understand and adapt to different communication styles
- ✓ Stay calm and confident in challenging situations
- ✓ Develop assertive, persuasive, and respectful communication
- ✓ Gain practical feedback and apply skills immediately
- ✓ Navigate conflict to achieve positive outcomes
- ✓ Build confidence in giving and receiving constructive feedback

## OUTCOMES

By the end of the programme, participants will learn to:

- Communicate clearly and confidently under pressure
- Handle conflict constructively and professionally
- Resolve disputes efficiently with empathy and authority

Ready to boost your team's communication skills?



[cm@unscriptedacademy.co.uk](mailto:cm@unscriptedacademy.co.uk)





# Sales Advantage

**Connect. Persuade. Close.**

*Unscripted Academy's 6-part programme equips professionals with practical sales skills to engage clients, communicate value, and close deals confidently. Designed for any experience level, these 90-minute interactive sessions blend role-play, feedback, and proven techniques.*



## PROGRAMME LAYOUT

### Session 1

*Building rapport with your customer*

### Session 2

*Effective questioning & active listening*

### Session 3

*Communicate value & persuasive messaging*

### Session 4

*Handling objections with confidence*

### Session 5

*Negotiation strategies & closing techniques*

### Session 6

*Live sales simulations & feedback*

## KEY BENEFITS

- ✓ *Build strong client relationships and rapport*
- ✓ *Communicate value persuasively and clearly*
- ✓ *Confidently handle objections and challenges*
- ✓ *Apply effective negotiation and closing techniques*
- ✓ *Gain practical feedback and improve in real time*
- ✓ *Boost confidence in both virtual and in-person sales situations*

## OUTCOMES

By the end of the programme, participants will learn to:

- Build lasting relationships with clients
- Communicate value and influence decisions
- Close deals confidently and consistently

Ready to increase your team's sales numbers?



**[cm@unscriptedacademy.co.uk](mailto:cm@unscriptedacademy.co.uk)**



# Building a Team

**Unite. Align. Achieve.**

*Unscripted Academy's 6-part programme equips professionals with the skills to work effectively in teams, build trust, and achieve collective goals. Designed for any level of team member, these 90-minute interactive sessions blend practice, feedback, and proven techniques.*



## PROGRAMME LAYOUT

### Session 1

*Team purpose & individual roles*

### Session 2

*Building trust & cognitive safety*

### Session 3

*Active listening & effective collaboration*

### Session 4

*Conflict resolution within teams*

### Session 5

*Decision-making & problem-solving together*

### Session 6

*Team simulations & real world skill application*

## KEY BENEFITS

- ✓ *Build strong and collaborative relationships*
- ✓ *Communicate clearly and effectively within teams*
- ✓ *Resolve conflicts and navigate challenges constructively*
- ✓ *Make decisions and solve problems collectively*
- ✓ *Gain practical feedback and apply immediate teamwork skills*
- ✓ *Increase trust, cohesion, and productivity within your team*

## OUTCOMES

By the end of the programme, participants will learn to:

- Work effectively as part of a team
- Resolve conflicts constructively
- Achieve team goals efficiently and harmoniously

Ready to enhance your team's collaboration skills?



**[cm@unscriptedacademy.co.uk](mailto:cm@unscriptedacademy.co.uk)**



# Create to Innovate

**Imagine. Experiment. Create.**

*Unscripted Academy's 6-part programme equips professionals with the skills to think outside the box, generate innovative ideas, and bring concepts to life. Designed for any level of creative experience, these 90-minute interactive sessions blend exercises, collaboration, and practical techniques.*



## PROGRAMME LAYOUT

### Session 1

*Unlocking creativity & overcoming mental blocks*

### Session 2

*Idea generation techniques*

### Session 3

*Rapidly experiment & prototype*

### Session 4

*Storytelling & visual thinking*

### Session 5

*Collaborative creativity & teamwork exercises*

### Session 6

*Applying creativity to real projects with feedback*

## KEY BENEFITS

- ✓ *Develop creative thinking and problem-solving skills*
- ✓ *Learn techniques for idea generation and innovation*
- ✓ *Experiment and prototype ideas quickly and effectively*
- ✓ *Communicate ideas through storytelling and visual thinking*
- ✓ *Work collaboratively to enhance creative outcomes*
- ✓ *Gain practical feedback and implement ideas immediately*

## OUTCOMES

By the end of the programme, participants will learn to:

- Approach challenges with creativity and confidence
- Communicate concepts clearly
- Collaborate effectively to enhance team innovation

Ready to unlock your team's creative potential?



[cm@unscriptedacademy.co.uk](mailto:cm@unscriptedacademy.co.uk)





# Strength & Adaptability

**Endure. Adjust. Thrive.**

*Unscripted Academy's 6-part programme equips professionals with the skills to stay resilient under pressure, adapt to change, and navigate challenges confidently. Designed for any level, these 90-minute interactive sessions blend practical exercises, reflection, and proven strategies.*



## PROGRAMME LAYOUT

### Session 1

*Understand resilience & mindset*

### Session 2

*Managing stress, energy & preventing burnout*

### Session 3

*Adapting to change & uncertainty*

### Session 4

*Problem-solving under pressure*

### Session 5

*Developing tenacity & emotional regulation*

### Session 6

*Applying resilience & adaptability in real scenarios*

## KEY BENEFITS

- ✓ Strengthen mental toughness and coping strategies
- ✓ Stay calm, focused, and energised under pressure
- ✓ Adapt quickly to change and uncertainty
- ✓ Solve problems effectively in challenging situations
- ✓ Build perseverance and emotional regulation
- ✓ Gain feedback and apply resilience skills immediately

## OUTCOMES

By the end of the programme, participants will learn to:

- Maintain composure, focus, and energy under pressure
- Adapt effectively to changing circumstances
- Thrive in uncertain or high-stakes situations

Ready to strengthen your team's resilience?



**[cm@unscriptedacademy.co.uk](mailto:cm@unscriptedacademy.co.uk)**



# Diversity, Equity Inclusion

**Imagine. Experiment. Create.**

*Unscripted Academy's 6-part DEI programme equips professionals with the knowledge and skills to foster an inclusive workplace, embrace diverse perspectives, and promote equity. Designed for all levels, these 90-minute interactive sessions blend awareness, dialogue, and actionable strategies.*



## PROGRAMME LAYOUT

### Session 1

*Understand EDI: Definitions & Importance*

### Session 2

*Recognising and addressing unconscious bias*

### Session 3

*Communicate with Inclusive language*

### Session 4

*Building diverse & equitable teams*

### Session 5

*Allyship & advocacy in the workplace*

### Session 6

*Implementing DEI strategies & measuring impact*

## KEY BENEFITS

- ✓ *Develop a shared understanding of DEI concepts*
- ✓ *Identify and mitigate unconscious biases*
- ✓ *Communicate inclusively and respectfully*
- ✓ *Build diverse teams and equitable practices*
- ✓ *Actively support and advocate for underrepresented groups*
- ✓ *Implement DEI strategies and measure their effectiveness*

## OUTCOMES

By the end of the programme, participants will learn to:

- Foster an inclusive and respectful workplace
- Implement strategies to promote equity and inclusion
- Measure the impact of DEI initiatives within their teams

Ready to champion diversity and inclusion?



**[cm@unscriptedacademy.co.uk](mailto:cm@unscriptedacademy.co.uk)**





# Health and Wellbeing

**Balance. Recharge. Flourish.**

*Unscripted Academy's 6-part programme equips professionals with tools to manage stress, boost resilience, and maintain overall wellbeing. Combining role-play exercises with optional specialist-led sessions (yoga, pilates, reiki, sound healing), participants can tailor their experience to what suits them best.*



## PROGRAMME LAYOUT

### Session 1

*Understand wellbeing & managing stress*

### Session 2

*Mindfulness and emotional regulation*

### Session 3

*Resilience through improv and role-play exercises*

### Session 4

*Specialist session (yoga, reiki, etc.)*

### Session 5

*Work-life balance & healthy habits*

### Session 6

*Applying wellbeing strategies in everyday life*

## KEY BENEFITS

- ✓ *Practical techniques to stay balanced and manage stress*
- ✓ *Strategise mindfulness, movement, and relaxation*
- ✓ *Tailor your experience with optional specialist-led sessions*
- ✓ *Improve focus, energy, and overall wellbeing*
- ✓ *Develop sustainable wellbeing habits that last*
- ✓ *Gain actionable skills to integrate into daily routines*

## OUTCOMES

By the end of the programme, participants will learn to:

- Understand and manage stress effectively
- Incorporate mindfulness, movement, and relaxation
- Find the specialist practices that enhance your wellbeing

Ready to make health and wellbeing a priority?



**[cm@unscriptedacademy.co.uk](mailto:cm@unscriptedacademy.co.uk)**

