

GROUP TRAINING & WORKSHOPS

For companies in the Real Estate, Law, Television, Banking or any performance based profession, my workshops of up to 15 participants have delivered excellent results in informing and relaxing presenters in front of the camera or audience.

My work with many International clients including CEO's, high level management teams, BDM's, and Marketing Strategists has enormously helped their communication skills and made their teams highly competitive in the business world.

The full or half day workshop is essential in making attendees vastly more experienced in their knowledge of performance especially under difficult circumstances be it in front of an audience or a camera.

The first part of the session starts with some theory from my workbook and discussion about Writing the best script, Who are you talking to? What is your message and takeaways? Are you breathing properly? Are you going too fast? Are you letting your ideas land and are you allowing the respondent time to process what you are saying about the nuances of your particular industry?.

The second part of the session is about performance and each attendee performs a pre learnt piece to camera. We examine breathing, tone of voice and body language. We also look at successful video's currently on the market and also your team's videos and critique them.

Public speaking is the hardest thing known to mankind. Our heart rate raises to 160/90, our adrenals start secreting, the thyroid is thumping and most are terrified.

Preparation is everything and by discussing and placing positive energy around these issues we alleviate the fear and once the presenter understands the parameters of what is required, outstanding performance become natural.

For further information please call **Peter Mochrie** on **0478-921-400** or click on the 'ENQUIRE NOW' tab.