



***Focusing Your Charisma
For a More
Dynamic Stage Presence
Experiential Learning Workshop***

**Reduce Your Fears & Increase Your Presence
Anchor a Grounded State of Confidence
Be a Magnet for Your Message!**

November 26, 2015

9:00am – 5pm

\$397.00 +GST

Early Booking \$347.00+GST

(Expires Midnight October 31st)

Our Special Offer for Speakers, Business Professionals and Actors!

This workshop is designed for anyone who presents in front of live audiences. When you attend you will learn theatre-based acting exercises and holistic NLP 'body-mind' practices to get out of your own way so you can manage internal feelings, stay connected, be confident and grounded under pressure.

You will learn practices that professional actors use to connect on a deeper level, anchor grounded confidence and increase your overall performance speaking in front of any audience.

This workshop is highly experiential. You will be asked to prepare and deliver a number of short presentations. There will be exercises to refine your rapport skills when presenting and when you lose rapport how to get it back. You will learn a method to give and receive descriptive (not-evaluative) feedback on your performance for continuous personal improvement. When you decide to attend this workshop you will get practical tools so you can be more charismatic, more dynamic and to truly BE YOURSELF!

Register NOW! Contact Jeff Skinner 204-957-0061 Actors' Training Centre of Manitoba jeff.skinner@actorstrainingcentre.com
or Jacque Nagy 204-480-8667 Holistic Directions Inc jnagy@holisticdirections.com