

Marcelle Bernard's Emotional Responsibility

"Who Can? You Can! Confidence in 3 Easy steps"



The Performer

A sought after International Speaker, Author & Distinguished Toastmaster, Marcelle Bernard DTM regularly presents her popular "Speak Easy", "Confident Communication", "Youth Leadership" and 'Power Speaking' programs to Schools & Organisations all over Australia and New Zealand. Passionate about giving people the tools to build their own self esteem she shares unique insights from her latest book 'Stand Up! Speak Up! Marcelle comes highly recommended by the 330,000 young people she has entertained, educated and inspired during the last 12 years.

This ADVANCED PROGRAM includes an interactive lecture, games and activities that build Confidence.

Mindset

- Confidence Building, Dealing with Negative Emotions

Confidence

- **Where do Feelings come from?**
- **What are feelings made of**
 1. Thoughts/beliefs
 2. Language
 - Internal
 - External
 3. Body Posture
 - 4.

Examples

- Trying new options
- Speaking up
- Sports

Installing Confidence Skills & Strategies

- Formula/Recipe for Feeling Good'.
- Focus, Reality Checks, Tonal Change and empowering Questions
- Visual & Auditory Displays

ACTIVITIES: The Bite, Brave Wave, Warm Up and Super Stand.

Participants: Suitable for those who 'actively choose to' increase their Confidence.

Dept. of Education Publication

"Marcelle Bernard offers a variety of interactive workshops on public speaking, speech writing and communication. Marcelle's vibrant personality, sense of humour and professional presentation capture and hold the attention of students and teachers. Her rapport with the audience encourages participation and involvement. Highly recommended."

Suitability: Yr 10 **Duration:** 60 minutes includes Q & A. **Requirements:** Whiteboard & music stand

If **more than 130** Students attend the cost is **\$4.00 per student + GST**

If **less than 130** Students attend the cost per session is **\$520 + GST**



BOOK NOW!

Phone: **(02) 9365 0053** or **0403 075 556** Fax: (02) 9337 3659

Email: info@i2imanagement.com.au

i2i Management PO Box 7449 Bondi Beach NSW 2026

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