

OVERCOMING FEAR

Marcelle Bernard's "Aim, Act, Accomplish: From Fearful to Fantastic, Fast"



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 Nerves and Fear

Fear

- **What Stops us?**
- **Types of Fear: 'Physical Danger' & 'Imagined' Fear**
- **Getting Started**
 - Aim
 - Act
 - Accomplish.

Examples

- **Small Steps:** The Fire Walk
- **Giant Leaps:** Jumping out of Aeroplanes

Overcoming Fear Skills & Strategies

- **Prepare Practice Perform:** Fear Of Public Speaking
- Developing Confidence.
- Daily Confidence ACTION STEPS & Affirmations

Activities: Brave Wave, Warm Up and Super Stand.

Participants: Suitable for those who 'actively choose to' increase their ability to be in 'Action in the Face of Fear'.

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: Yrs 11 -12 **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!

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