



COURSE SUMMARY

MY OBJECTIVE? YOUR SUCCESS!

As a successful professional actress I have spent over two decades competing for roles and learning to present and market myself in the most effective way.

I aim to share some of the valuable, but simple, techniques I have gathered along the way, in a safe environment. Through a series of exercises I will be able to identify key areas to help you improve your communication and presentation skills.

The importance of using body, voice and most importantly, the mind, cohesively, when presenting to colleagues, leaders, or interviewing for a role, is paramount to our success and within a few hours I can equip you with some valuable but simple tools which will maximize your capability in this area.

THE GOAL:

Within five, sixty minute, one to one sessions - remotely or face to face - the coachee will gain invaluable techniques in presentation skills and personal impact which will improve business presence and performance.

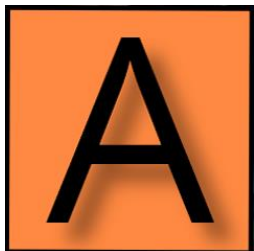
The smallest changes can make the biggest things happen!

THE SOLUTION? INTRODUCING PAVE! YOUR ROUTE TO SUCCESS.



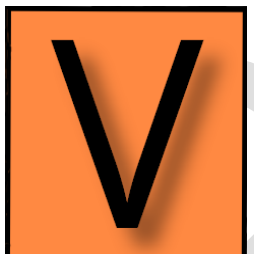
P = Pinpoint: What does the coachee want to achieve? What do I observe through a number of simple exercises looking at verbal and non-verbal indicators? A Bespoke Plan of Action for the forthcoming sessions.

Parts of this meeting are recorded for future reference.



A = Approach - How our mindset can limit our experience and outcome. How to turn the negative to a positive. Why do we think the way we do? What's the worst that can happen?

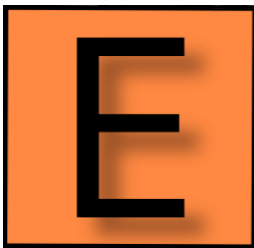
Positive and unique affirmations.



V = Voice: Here we examine verbal communication, verbal 'ticks', minimizing language, pace, tone, intonation, pause, volume. We practice breathing techniques, articulation and range (or intonation) exercises to encourage the voice to be more

flexible.

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E = Embodiment: Looking at non-verbal communication - Stance, physical empowerment, presence, posture, assertive versus arrogant.



! : This final session is recorded. The coachee is encouraged to invite a handful of colleagues, or anyone else they feel appropriate, to watch a short presentation/practice a short interview. This session is intended to give the coachee a chance to put into practice the tools and techniques that we have looked at over the 4 sessions in a challenging environment. After the invited 'audience' have left, the coachee is shown the recording from session one alongside the recording from session five and asked to note areas that have changed for the better and those that still require development.

BUDGET

For prices please contact Rina Mahoney directly.

COURSE INSTRUCTOR:

Rina Mahoney delivers a powerful one to one presentation skills and personal impact course face to face or remotely.

As an actress who has worked with companies of the calibre as the RSC, she shares the skills she has attained as a performer and as someone who regularly has to put themselves through the interview process to sell oneself and ones ideas most effectively.

The smallest changes can make the biggest things happen!

She uses a variety of methods dependent on the desired outcome. From material as varied as Shakespeare's "Henry V" to speeches from Barack Obama's presidential campaign and the coachee's own material, Rina encourages people to use their body and voice in a way which gives meaning and intention behind the words of a presentation enabling people to communicate with passion and authenticity. She enables participants to improve the way they are perceived by controlling anxiety around presenting and interviewing with a number of relaxation and breathing techniques along with posture, gesticulation and voice exercises; all gleaned from her extensive theatre career.



For more information on the performance career and corporate experience of Rina Mahoney please visit www.rinamahoney.com

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