



Reduce Anxiety and Nervousness and ***SPEAK E-Z in Front of Groups®*** ***"Public Speaking Without Vomiting®"***

2011

A leading-edge workshop with a Mind-Body Approach
"You will be amazed and happy with the results" Lynn

TUESDAYS
April 5, 2011
Aug 2, 2011
Nov 15, 2011

8:30am Registration
9:00am - 5:00pm

Holiday Inn Express
248-675-1020
21100 Haggerty Road
Northville Twp, MI 48167
(North of 8 Mile at I-275)

Tuition: \$199
Early Bird \$169 sign up by
March 28, July 25, and Nov 1

Sign up online at
www.DealWithStressToday.com
Go to Events



Donna Marie
Stress Consultant,
Confidante & Speaker



Professional member of the
National Speakers Association

Understand Emotional Intelligence ***When Speaking in Front of Groups***

This workshop is designed to demonstrate state of the art skills assisting one to **feel comfortable speaking** in front of groups and to **dissolve stage fright**. In this workshop you will be able to experience yourself in front of a group and to acknowledge and shift anxieties. Whether you are a newcomer or an experienced professional you will **learn and experience** how to **become calm, centered and balanced** when speaking. You will learn **valuable techniques** for feeling comfortable and to **be yourself** in front of groups.

Utilize Emotional Intelligence when Speaking and ...

- Reduce fear and nervousness
- Work on communication from the inside out
- Increase your confidence - be authentic
- Connect with your clients, peers, staff, etc.
- Sell your ideas
- Be comfortable in your own skin!

Who Should Attend: This program benefits salespeople, managers, entrepreneurs, realtors, educators, professionals, presenters, attorneys, trainers, facilitators, administrators, performers, comedians, singers, trained speakers and novices, wedding 'toasters', and anyone that wants to feel comfortable in front of others and build their self-confidence.

Testimonials:

"I have been trained by what I consider to be some of the best trainers, yet this was more impactful, more personal, something that I will use often."

L. Delgado, Managing Director d.Diversified Services

"This course gets right down to the nitty-gritty of public speaking fear. It was WOW!"

D. Mahnick, Owner - 3SixtyDirect.com

"Beyond my expectations! I actually felt a sense of calm."

T. Williams, Co-host - Metro Chick Radio

"I highly recommend this to anyone who wants to be more comfortable speaking."

K. Crabtree, Owner - MetaOps.com

"It was amazing to watch and experience breakthroughs in communication."

L. Williams, Owner-BestLegalResource.com

"After attending, I feel more present and comfortable in my body when I present."

L. Selwa, Distributor - SendOutCards.com and Toastmaster