

CHARISMA!

ONE DAY

Using Body and Voice for Powerful Personal Presence

- Develop a magnetic personality
- Create a dynamic first impression
- Discover the professional secrets of actors and singers
- Use your voice as a musical instrument
- Fill the room with your resonance and vitality

Charisma, a “psychic” quality, is usually considered to be a special gift. Lee Pascoe believes – and demonstrates – that Charisma can be consciously learned and developed. Using Actor-training skills, energy-focus, visualisation and concentration techniques, Lee will lead you through the practical “rules” of performance. Practical vocal exercises will liberate the true power and expression of your voice – the hypnotist’s essential tool of trade. Invaluable to anyone doing public presentations, as well as to individual therapists.

AGENDA:

- A.M. Introduction, definition, role-models (30 mins lecture/ Q and A)
Rapport: - speaker and audience
- two people
- importance of focus (60 mins)
“Rules” of presentation
What happens in the first two minutes? (60 mins)
Using space. Body awareness.
Expanding your physical presence. (60 mins)
- P.M. The human Voice – a musical instrument
Physiognomy of the voice (30 min – lecture/demonstration)
Essential elements of voice and speech:
(a) Relaxation – throat, lips, jaw ex’s (30 mins)
(b) Energy – Breathing from the diaphragm
– Using the Chi (30 mins)
(c) Projection – Directing the Voice
Forming the Words (45 mins)
(d) Modulation – Variety is the spice of life!
Tone, pitch, pace, volume, accent, pause, inflection, intonation
The “music” of the voice. Verbal/non-verbal. (90 mins)

Biographical Information:

Lee Pascoe is an Australian in Europe lecturing worldwide. University-trained in Psychology, Languages and Drama; 16 years teaching, lecturing and counselling for Australian Education Department, as well as professional singer, dancer and actress. Silva Method director in France, since 1988. A Board Certified Hypnotherapist and Certified Instructor and for the National Guild of Hypnotists, USA, since 1995, she has helped train hundreds of hypnotists. Keynote speaker and Fellow of the Professional Speakers Association, England.