



promoting the power  
of facilitation worldwide

# IAF Geneva

We are pleased to invite you to this exciting session on:

**Friday 20 May 2016**  
09.00 for 09.30 start – 17.00

## **Build your Presence as a Facilitator** **Learning from Embodiment and Performance Psychology** **Presented by Pamela Lupton Bowers**

This workshop is designed for anyone who wants to improve their presence and credibility in front of people. Many professionals underestimate the power of presence; some research indicates that a person's opinion of you is made in the first 15 seconds. Facilitators especially need to project to the group that they are confident and competent to handle the group and any issues that might arise. In this workshop we will apply research from embodiment and sports psychology to understand how your body influences your mind, and your mind can influence your body. Learn how to project presence, and convince your audience they are in the right hands.



### **What you will learn**

- ✦ How internal beliefs and emotions influence your body, and your body's position can influence your mind
- ✦ How your nonverbal influence your audience and how to 'nail' your entry and exit
- ✦ How improved posture and gestures can impact your audience and your confidence
- ✦ Practices and techniques for improving your voice and credibility
- ✦ How to identify your hair triggers and hot buttons and to know if you are showing your 'tells'

### **Who should attend**

- ✦ Anyone wanting to improve their confidence and presence in leading groups and meetings. Anyone looking for a fun day with like-minded professionals that will leave you energised and motivated to go

**Registration:** [iafevent@gmail.com](mailto:iafevent@gmail.com)

**Fees:** CHF 250 / CHF200 for IAF members  
(includes lunch, refreshments & handouts)

**Venue:** Colladon, chemin Colladon 5-7, Petit Saconnex, 1209 Geneva  
(Bus No.3 Arret Colladon)