

# Eloquent Body Language

## Your body communicates before your first word!

The voice is only one tool used in presentations. Many times people do not realize the important role their body plays as well. Your body either shows confidence, charisma and credibility or it displays uncertainty and nervousness. How would you like your body to support your voice?

In this workshop, you:

- Gain body language strategies to enhance your effectiveness
- Discover how to reduce stress through body movement
- Acquire tools to easily relate to your audience



Sarah Bateman is a Certified World-Class Speaking Coach and has earned the “Distinguished Toastmaster” designation (the highest Toastmasters International award).

Sarah loves to mentor new speakers to higher levels of confidence and creativity.

## Does **Nervousness** keep you from sharing your music or message?

In this interactive workshop, discover how to:

- Manage perfectionism
- Practice and rehearse effectively
- Handle distractions
- Overcome onstage jitters

Yes, *you* can be comfortable in the spotlight!



As a speaker and pipe organist, Dennis Olsen knows the stress of public performance.

Through research and practice, he’s learned to turn those stresses and fears into excitement.

Dennis presents at Toastmasters conferences and performs organ occasionally at Minnetonka UMC.

Sarah and Dennis co-authored the book “15 Concise Strategies For Improved Communication”.

**Where:** Rasmussen College, 4400 W. 78th St., Edina, MN, 6th floor

**When:** June 28, 6:00 pm to 8:00 pm

**Both workshops for only \$25.00!**