

# BRISBANE WOMAN Workshop and Networking Evening - Tuesday 7<sup>th</sup> July.



## *HOW TO stand up and speak your message . . . easily*

Is your business held back by your fear of public speaking? Are you avoiding valuable networking opportunities because you may have to introduce yourself and what you do? Are people who really need your service or product missing out because you are not speaking out and delivering a clear message?

Imagine feeling comfortable standing up, sharing your message (who you are and how you can help them) with a group. No more jelly legs, sweaty palms or squirmy tummy. What difference does that make to your business...to your self-esteem...to your life?

Last workshop you aligned your personal and business visions, now it's time to learn to share that vision so others can help make it grow.

## *In this practical workshop, you'll:*

- Learn about NLP (Neuro Linguistic Programming) and how you can use to it your advantage.
- Change your limiting belief about your ability to speak in public.
- Install a Resource Anchor which will enable you to instantly feel confident and resourceful time and time again.
- Learn a simple, concise way to construct your message, workshop then practice it.

Sue Lester is the founder of *GROWING CONTENT: Smoothing Your Path* and will facilitate the workshop. Sue is a master practitioner of NLP & hypnosis, a life coach and trainer with a passion for helping women empower themselves.

Sue uses the powerful, fast and lasting techniques of NLP and hypnosis in individual therapy work, coaching programs and workshops, including Emotion Detox Workshops. Sue helps clients work through life direction, self esteem, relationship and well-being issues, with a particular focus on conception and pregnancy support. ([www.growingcontent.com.au](http://www.growingcontent.com.au))

The number of attendees is kept to 30 ensuring maximum benefit for all participants. The interactive and fun speed networking component means you'll walk away with 20–30 contacts too! Build your business and meet some wonderful like-minded women.

**Tuesday 7<sup>th</sup> July**

**6.15 for 6.30 start**

**Finish approx 9pm**

**Only \$40 including finger food**

**The Pineapple Hotel**

**705 Main Street**

**(Enter via Park Bar on Baine St)**

**Kangaroo Point**

*To secure your spot go to:*

[www.brisbanewoman.com/upcoming-workshops](http://www.brisbanewoman.com/upcoming-workshops) and press **Buy Now**.

*Phone Kylie for more information on 0407 276 759 or email*

*kylie@brisbanewoman.com*

***This event is proudly brought to you by Brisbane Woman***



***Brisbane Woman***

***& Growing Content: Smoothing Your Path***

