

# Leading with Presence and Impact

- Take command of a room and grab attention
- Read the room, adjust to changing dynamics, be an adaptive leader and truly connect with others

## FOUR WORKSHOPS:

### 1 PHYSICAL PRESENCE – PROJECT WITH ENERGY

- Posture, movement and projection
- Fill the space with your presence and energy
- Draw people's attention
- Circles of Concentration

### 2 TRULY CONNECT

- Being in the present
- Deep listening
- Read the dynamics in the room
- Make a true connection with the other
- Mirroring

### 3 FROM REACTION TO CREATION

- Being a 'Yes, and...'
- Adaptive leadership
- Improvisation
- Spontaneity and freedom

### 4 EXPRESSIVE LEADERSHIP

- Putting it all together
- Expression and transparency
- Tricks to being more charismatic
- Body language, voice and presence

## PROGRAMME LEADERS:

**Maaike Christie-Beekman** a voice, presentation and performance coach. Maaike was a professional opera singer, holds qualifications in psychodrama, has lectured in communications and works with leaders, managers, board chairs, to teachers and public speakers (e.g. Commerce Commission, Ministry of Foreign Affairs and Trade, and Trade Me).

**Andrea Thompson**, Catapult Director. Andrea has facilitated programmes with over 20,000 people internationally. She has been rated as one of New Zealand's most inspiring presenters. Her diverse background includes law, management consulting, performance dance and The Improvisors theatresports group.

**Cost:** \$990 ex GST earlybird (until 22 March) & \$1,090 ex GST  
Follow-on coaching option with Maaike: three hours \$900

**Venue:** St Andrew's on The Terrace, 30 The Terrace, Wellington

**Timing:** 9:30am–11:30am Sessions 1–3  
9:30am–12:00pm Session 4

**Dates:** 22 & 29 May, 12 & 26 June 2020

Places are limited

To register email [philippa@catapult.co.nz](mailto:philippa@catapult.co.nz)

[WWW.CATAPULT.CO.NZ](http://WWW.CATAPULT.CO.NZ)

Leadership Development & Organisational Performance.

*Catapult*