

Media Training Events

Hosted by Abby Eagle

We hold these events to empower you to empower others – to transform lives and to make a positive impact in the world. The way we empower you is by providing a safe space in which you can practise your communication skills with support from an NLP Coach. Our media training events are modelled after a current affairs television show where there is a host, a panel and a studio audience in which you will be given the opportunity to take on various roles and practise your communication skills. The events are filmed for you to see how you look on camera.

- Build confidence in public speaking.
- Learn to manage your emotions.
- Practise debating techniques.
- Improve your negotiation skills.
- Develop stage presence.
- Learn how to create harmony.
- Learn how to win an argument.
- Learn how to recognise and communicate with different personality types.
- Discover your personal leadership style.
- Move towards self actualisation.



GAME PLANS

Talk Show: The host comments on a topical piece of news and asks a question. The panel and audience respond.

The Leader / Press Conference: The speaker gives a 3-5 minute inspirational and motivational speech. A number of 'journalists' interview the speaker.

Hostility / Censorship: How to deal with a hostile speaker.

The Interview: Practise being the interviewer and the interviewee.

Degree of Difficulty

Level 1. Respectful, kind and considerate.

Level 2. Some interruptions.

Level 3. Chaos: everyone talks, interrupts, shouts and uses profanity.

Join us on Facebook

<https://www.facebook.com/groups/1809820189234597/>

Get more information Phone Abby Eagle 5562 5718
<http://www.abbyeagle.com/media-training/index.php>

When: 6 Saturdays 9:30am - 12:30pm 29th July to 2nd September

Venue: 5 Bards Court Nerang Phone Peter Turner 07 5502 2606

Investment: \$10.00 for each rehearsal

Public Speaking Training

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