

***Enhance Your Poise, Presence, and  
Power to Wow Your Audiences!***

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### **Three Anatomical Skills for Successful Presentations**

Joint Flexibility

Spine/Posture

Breathing

### **The Secret to Creating Powerful Posture – seated or standing**

The Head of the Speaker

The Core of the Speaker

The Foundation of the Speaker

### **Add Authentic Movement to Your Presentations**

What were the activities you did as a child and how did they make you feel?

ABC's of movement

### **How to build trust, influence and credibility with your audience**

Whole body approach modeled consistently

Open heart

### **The Foundation to flex and adapt in an ever-changing world**

Self-regulating the central nervous system

Confidence, clarity and connection

Influential, trusted, credible, respected and valued

*I love hearing how you are moving or where you may be getting stuck during your presentations.  
Please feel free to contact me and share your story! - Rochelle*