



# PRESENT BETTER

## (BMV - the foundations)

### OUTCOMES

- Present with clarity, sincerity and confidence, and captivate you audience
- Structure your speech and presentation logically
- Establish your presence and connect to your audience
- Deliver a focused message while creating a lasting and memorable impact
- Develop improvisational skills to respond to unexpected questions and surprises

### THE APPROACH

We use experiential training methods, real world examples and a workshop approach in all our programs. No PowerPoint and everything is active listening, working together and on your feet from the get go!

The result?

A complete understanding of the skills and the chance to practice them in class and in the real world!

<b>BODY</b> What is it?	<b>MIND</b> What is it?	<b>VOICE</b> What is it?
Without a word, you are continuously speaking through your body language and gestures. <i>Body</i> will teach you to utilize your natural physical tendencies to support your communication.	Thinking is an active process. <i>Mind</i> will help you harness your thoughts to create structure and story around your message to mean what you say, and say what you mean.	Voice to the speaker is like paint to the artist – it is the tool by which you express your message. If the tool is rusty, so will your message be. <i>Voice</i> will enable you to speak and be heard by all.
<b>Learn how to:</b>	<b>Learn how to:</b>	<b>Learn how to:</b>
<ul style="list-style-type: none"> <li>✓ Find your physical presence in a space and own it</li> <li>✓ Move with purpose and fluidity</li> <li>✓ Create your physical character, center and ground yourself</li> <li>✓ Understand posture and personal gesture as tools</li> <li>✓ Listen</li> </ul>	<ul style="list-style-type: none"> <li>✓ Structure your thoughts towards an end goal</li> <li>✓ Improve memorization of speeches</li> <li>✓ Use rhetoric and premise based arguments</li> <li>✓ Convert thoughts into actions and objectives</li> <li>✓ Improvise during unexpected situations</li> <li>✓ Listen</li> </ul>	<ul style="list-style-type: none"> <li>✓ Breath efficiently</li> <li>✓ Project and protect your voice</li> <li>✓ Use articulation and 'melody' to captivate your team/audience</li> <li>✓ Be present and active with words</li> <li>✓ Listen</li> </ul>

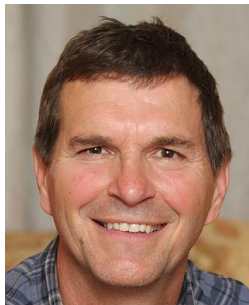


All of our programs can be used as Professional Development Units. We have worked with many different individuals and organizations including but not limited to: Colleges and Universities, NPO, NGO, Government, Corporate, and Entrepreneurs.

## THE CAST



Hamed Dar is a PMP who has extensive experience in coaching, team-building, and communications. He uses his background in theatre, and improvisation (Second City Alumni) to his professional work as a project manager to lead workshops. He has worked with the Alberta government, Ontario Ministry, and as a Child and Youth worker, which has earned him Alberta's Silver Premier Award for Excellence in Public Service; which he owes to his training in communication and empathy.



Tim has 30 years experience working in management training, economic and business development, and project management consulting on five different continents. He has owned and operated an ERP integration firm in the Netherlands (Onyva International) and a group resort in Canada (Footprints). An award winner with Toastmasters International, Tim was one of the initial TEDx speakers in Toronto and focuses on perfecting clients presenting, speaking and interviewing skills.



Ula is an instructor with over 8 years of experience teaching English, and Dramatic Arts and Speech. In addition, Ula is an actress who has performed in film, television and on stage. She has worked with Soulpepper and Tarragon theatre companies in Toronto, and the prestigious Song of the Goat theatre in Wroclaw Poland. She is fluent in Polish and has a specialist in theatre from the University of Toronto. Ula uses her acting background to further enrich her client's learning experience.

