



PRESENT AND LEAD EXPERTLY (BMV- EXECUTIVE)

OUTCOMES

- Lead with presence and power to inspire others to action.
- Structure your speech and presentation logically.
- Act and react effectively to unexpected situations.
- Master the physical, mental and verbal characteristics of a leader.
- Commit to high stakes.
- Create an approachable yet respected persona.

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 and on your feet. The result?

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

We build on the Present Better methodology of BMV and encourage participants to move beyond their comfort levels. The class sizes are small and there is an emphasis on individual ability and goals.

BODY	MIND	VOICE
<p>What is it? Leadership is immensely dependent on the body. In addition to body language, the body also supports mental intention and verbal communication.</p> <p>Learn how to:</p> <ul style="list-style-type: none"> ✓ Use power poses ✓ To direct energy to create a consistent persona and style ✓ “Be in the moment” ✓ Embody movement ✓ To ground and center ✓ Move and act with purpose 	<p>What is it? The power and influence of a leader is the product of a clear and sharp mind. Learning to simplify complex ideas and vision is what makes a good leader, a great leader.</p> <p>Learn how to:</p> <ul style="list-style-type: none"> ✓ Dissect speech rhetoric and premise-based argumentation ✓ Develop and Manage teams using HR principles ✓ Write a leader's script create active and objective driven meetings, speeches, and presentations 	<p>What is it? A leader's voice must reflect their mental intentions and objectives. Only a trained and practiced voice will deliver the exact message you want to resonate with an audience.</p> <p>Learn how to:</p> <ul style="list-style-type: none"> ✓ Use breath and silence to punctuate ✓ Make specific vocal choices that support your words ✓ Find specificity in language ✓ Be heard and convey meaning ✓ Visualize communication and speech.

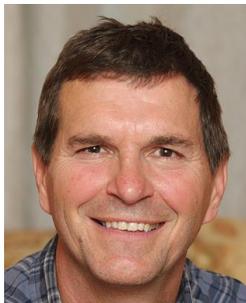


All of our programs can be used as Professional Development Units. We have worked with many different individuals and organizations including but not limited to: Colleges and Universities, NPO, NGO, Government, Corporate, and Entrepreneurs.

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.

