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**The Art of Being Heard:**  
Masterclasses in Authentic Presence

**Edinburgh Training and Conference Venue**

Wed 13<sup>th</sup> May (AOBHM03) or Wed 1<sup>st</sup> July 2020 (AOBHM04) - both 6pm-9pm

- Are you communicating from a place of confidence and energy?
- Can you 'hold the room' and speak with authority?
- Are you coming across authentically, with maximum personal impact?

**The Art of Being Heard** is a masterclass in authentic presence. We will work with the fundamental toolkit of each person's body, breath and voice to increase communicative power, gravitas and influence.

You will:

- understand how your physical and vocal habits help or hinder your effectiveness
- practice simple, repeatable exercises that will transform your capacity to make a powerful entrance
- learn how to manage nerves, take up space and land your messages with impact

The skills you will practice may be applied to presentations, interviews, appraisals, business meetings, networking and more. Prepare yourself to deliver your best self under pressure. Discover the art of being heard.



The Art of Being Heard is led by theatre director and communications skills coach **Kath Burlinson**, Ph.D. Kath brings energy, compassion, humour and integrity to all her work. She has ten years' experience of leading training and development programmes for clients including Goldman Sachs Global Leadership Program, Greene King, Digital Europe, Capgemini, Oxera, Servest, the NHS and many others. She has worked extensively in both private and public sectors, has delivered speaker training for conferences for executives and CEOs, and designed leadership, personal impact and communication training for clients at all levels. She works for RADA Business and Borg/Companies in Motion as well as independently.

Kath's background includes eight years lecturing at the University of Southampton, co-founding and running an international touring theatre company, and founding a national workshop programme, the Authentic Artist. She has worked in artistic, educational and business contexts in the UK, USA, Canada, Russia, France, Germany, Spain, Belgium, Ireland, the Netherlands, Czech Republic, Bulgaria, Hungary, Japan and Australia.

**SPECIAL EARLY BIRD OFFER**

(if booked up to one month in advance)

**£25 saving per person:** £150 full price / £125 early bird For a place on one of the Masterclasses please contact: [chris@chrisgrady.org](mailto:chris@chrisgrady.org)

[www.chrisgrady.org](http://www.chrisgrady.org).

chrisgrady.org is a limited company registered in England and Wales number 8827507 Directors: Chris Grady and Kath Burlinson

## The Art of Being Heard:

Feedback comments from early 2020 Edinburgh masterclasses

"A fantastic course. I am left feeling **empowered!** I would highly recommend this course."

"So many very helpful exercises and ideas to put into practice. Thank you so much"

"A **well-structured**, skillfully delivered course"

"I learned simple, measurable ways to **manage my energy and physicality** in order to create grounded connection in situations that I often experience as challenging or triggering"

"It would help people become aware of their impact on others. It could enable people to **become more authentically present**"

"Very practical, **not at all scary**, perfect for everyone, I'm sure anyone would gain from it"

"This is a very useful introduction course into understanding what goes into both being heard and **paying attention to other people's needs. Excellent**"

"Has given me a lot more **confidence in taking up space**/being present and confident in speaking with colleagues and giving presentations. Kath was fantastic. Really engaging and never singled anyone out or criticised. An excellent leader"

"Essential for anyone presenting, leading or participating in meetings, **should be compulsory for executives and teams**"

"A great beginners guide to feeling **more confident in a public speaking space**, delivered by a professional team."

"**Do it!** A strenuous and exacting, but non-threatening/stressful learning experience. **So rich**"

"I came with a very open mind and a request for **courage** - I am leaving with a full heart and a very alive body"

"**Very practical tips** from an expert of presentation. A presenter who clearly knows what she is talking about, and gives very good feedback"

"This will make you really think about **your personal impact on a group** and how many physical influences there are on that"

"Fascinating opportunity to witness personal body habits and how it might be beneficial to **think about changing them**"

"It was great! A very physical and **theatrical, yet scientific** approach. I feel rejuvenated even though it was 6-9pm after a long day at work!"

"**A supportive invigorating space**, excellently held by Kath. Very useful in both content and opportunity to practice"

"Useful if you want **feedback on your presentation style**/speaking style"

"**It was personal** but not dangerous"

**"You might think you get it, you probably don't"**

Thank you for taking the time to consider these Masterclasses

Next dates: Edinburgh **13<sup>th</sup> May and 1<sup>st</sup> July 2020**

Email [chris@chrisgrady.org](mailto:chris@chrisgrady.org) to reserve a place or to discuss bespoke dates/programmes for your workforce, board, students or stakeholders.