

Keynote Presentations by Ruth Bonetti,

(Presentation skills expert, Author of *Don't Freak Out – Speak Out*)

Ruth enlivens presentations by demonstrating projection and resonance with her clarinet

► She empowers listeners to

SPEAK OUT WITH CONFIDENCE

Take 5 Tips for Confident Presentation

Ruth shares her do-able, practical strategies that empower listeners to

SPEAK OUT with POISE, PROJECTION & POWER!

In her unforgettable INFOTAINMENT presentation Ruth demonstrates HOW TO:

- Breathe vitality, poise and power into your presentation
- Channel adrenalin into energy so you'll shine in the spotlight
- Cure "brain fog", dry mouth & shakes
- Project with ease in killer acoustics
- Command the room with Positive Posture
- Warm up your voice with Drive-time Diversions



Other Keynote Presentations by Ruth Bonetti

Breathe INSPIRATION into your presentation – and your life!

Do you ever feel like you don't have time to draw breath? That, in your work or other areas, you're giving out more than you take in? And some times we forget that we need to inhale as well and exhale – yet without breath we are nothing!

The very word inspiration relates to breath. Ruth teaches techniques to energise our lives and our presentations – and also to bring coherence and peace into increasingly busy lives. Experience that calm in the eye of the storm during Ruth's presentation, so you can re-create it when pressures and demands become frenetic. You can breathe peace into your life!

Blowing away the Blues; How to conquer low confidence

Ruth encourages and motivates those whose shyness, low self-esteem and self-doubts cripple their ability to use their talents. Interspersed with live blues music played on her clarinet, Ruth shares encouraging stories of those who have conquered self-doubt and defeat. She shares the journey that took her from shy country kid to a motivational speaker who enjoys the spotlight.