

## Keynote Presentations by Ruth Bonetti,

(Presentation skills expert, Author of books including *Confident Music Performance*)

- ▶ **Ruth empowers musicians and actors to**  
**PERFORM WITH CONFIDENCE**

## Take 5 Tips for Confident Presentation

Ruth shares her do-able, practical strategies that empower performers to present with **POISE, PROJECTION & POWER!**

In her unforgettable INFOTAINMENT presentation Ruth demonstrates HOW TO:

- ▶ **Breathe vitality, poise and power into your performance**
- ▶ **Cure “brain fog” of memory lapses, dry mouth & shakes**
- ▶ **Project with ease**
- ▶ **Command the room with Positive Posture**
- ▶ **Channel adrenalin into energy so you’ll shine in the spotlight**

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### Other Keynote Presentations by Ruth Bonetti

**Breathe INSPIRATION into your  
performance – 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! (And it’s not just for the woodwind and brass players and singers!) The very word inspiration relates to breath. Ruth teaches techniques to energise our lives and our performances so they flow with ease – 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 you walk onto the platform to perform. You can breathe peace into your life and vitality and confidence into your performance!

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# **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.

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# **How to motivate music students to practice!**

“How much practice have you done this week?” teachers ask – yet again. Many students simply don’t know how to use their time to improve; many give up easily because they don’t know how to face and surmount challenges.

Does Practice REALLY make Perfect? Or is this a cliché that students resist. Unfortunately, many students simply don’t know how to use their time to improve; they spend more time reassuring themselves by playing the easy bars than facing the challenges. Give your students the chance to utilise their potential so they can shine in performance.

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