



*invites you to*  
**MAKE YOUR PRESENCE FELT**

at **The Confident Leader** Retreat  
for Women Who Mean Business

17th - 19th February 2021

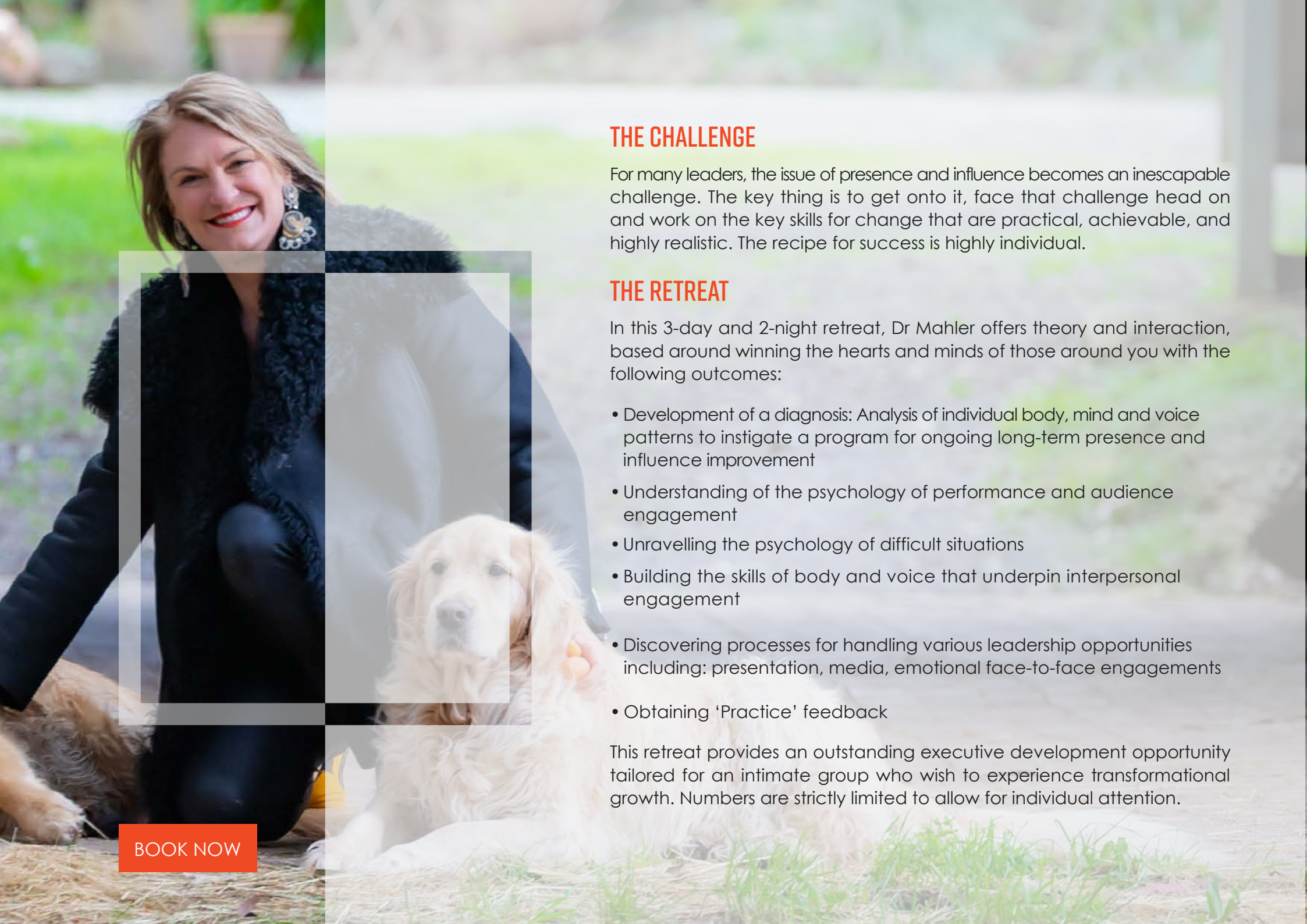
14th - 16th July 2021

1st - 3rd December 2021

**held at Kangaroo Manor - Yarra Valley**

**BOOK NOW**





## THE CHALLENGE

For many leaders, the issue of presence and influence becomes an inescapable challenge. The key thing is to get onto it, face that challenge head on and work on the key skills for change that are practical, achievable, and highly realistic. The recipe for success is highly individual.

## THE RETREAT

In this 3-day and 2-night retreat, Dr Mahler offers theory and interaction, based around winning the hearts and minds of those around you with the following outcomes:

- Development of a diagnosis: Analysis of individual body, mind and voice patterns to instigate a program for ongoing long-term presence and influence improvement
- Understanding of the psychology of performance and audience engagement
- Unravelling the psychology of difficult situations
- Building the skills of body and voice that underpin interpersonal engagement
- Discovering processes for handling various leadership opportunities including: presentation, media, emotional face-to-face engagements
- Obtaining 'Practice' feedback

This retreat provides an outstanding executive development opportunity tailored for an intimate group who wish to experience transformational growth. Numbers are strictly limited to allow for individual attention.

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A woman with short blonde hair, wearing a white blazer and a pearl necklace, is seen from the side, speaking into a microphone. She is gesturing with her right hand towards an audience. The background is a blurred view of a conference room with people seated at tables.

## EXECUTIVE DEVELOPMENT

This program is tailored to incorporate the typical engagement scenarios the participants experience:

- Managing Self & Others
- Diagnose your habitual patterns of engagement
- Take back control and build confidence
- Build a process of mind, body and voice that will work for you in all face to face engagements

### **Improving presentation skills for high stake engagement**

- Concentrate on what is within your control and range of influence
- Learn a well-researched structure to allow for immediate success
- Present any content with originality and creativity
- Build your stories
- Build a unique template for ongoing personal application

### **Enhancing your ability to handle emotional / difficult questions**

- Recognise your current response patterns
- Learn new processes for effective engagement for difficulty and feedback
- Analyse paralinguistics and nonverbal patterns that remove the flame from emotionally charged interactions

### **Media presentation & presence**

- Build a process of preparation under stress
- Know what fascinates audiences
- Have a process for delivering powerful messages

### **Managing performance anxiety**

- Diagnose your level of anxiety
- Take back control
- Build a process of mind, body and voice that will work for you in all public appearances

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**WEDNESDAY**

Time	Event	Notes
3.30pm	Arrival and Check-in to program	
4.30pm	Walking in the wild + introductions	
<b>6.30pm</b>	<b>Dinner</b> <b>Wildlife walk</b>	

**THURSDAY**

Time	Event	Notes
7am	Yoga with Emma Ferguson and walk time	
<b>8.30 - 9.00am</b>	<b>Breakfast</b>	
9.00am - 10.00am	Group session	Objectives, motivations for change, scenarios
10.00am - 10.30am	The key skills	Breath and rest position
<b>10.30am - 10.45am</b>	<b>Morning Tea</b>	
10.45am - 12.30pm	Group session	Vocal Intelligence and Personal Diagnosis, Your strategy for sound, Rest Position, Vocal Psychology, Movement and static, eye introduction, spatial psychology (proxemics)  Applications: Making an entrance, Greetings, Overcoming Performance Anxiety
<b>12.30pm - 1.15pm</b>	<b>Lunch</b>	
1.15pm - 3.00pm	Horse Whisperer workshop	With Jayne Glenn
<b>3.00pm - 3.15pm</b>	<b>Afternoon Tea</b>	
3.15pm - 4.30pm	Group Session	Structures of engagement - presenting/pitching/making a statement, gestures, eyes, anchoring movement  Objectives, Audience analysis, Structures, Creative Links, Energy graphing, templates for speed of preparation  Practice and feedback: incorporating structure and skills

THURSDAY

Time	Event	Notes
4.30pm - 5.00pm		Summary and integration session: Change and action planning
5.00pm - 6.30pm	Time to practice or leisure	Feel free to enjoy the many services and activities or practice skills with colleagues and fill out learning preference/MMSS test and workbook
<b>6.30pm - 9.00pm</b>	<b>Dinner</b> <b>Fire and night walk</b>	

FRIDAY

Time	Event	Notes
7.00am	Meditation with Gawler or time to walk (or sleep in)	
<b>8.30am</b>	<b>Breakfast</b>	
9.00am - 9.30am	Group session	Recap of skills Motivational and learning preference answers
9.30am - 10.30am	Group session	Hard Chat: Answering / Handling Emotional situations / Giving bad news / Giving feedback / Asking forgiveness / Ending a conversation
<b>10.30am - 10.45am</b>	<b>Morning Tea</b>	
10.45am - 12.30pm	Group session	Hard Chat continued with tailoring for participant situations
<b>12.30pm - 1.15pm</b>	<b>Lunch</b>	
1.15pm - 1.45pm	Reflection walk	Walk with accountability partner
1.45pm - 3.00pm	Practice	Tailored scenarios with feedback
3.00pm - 5.00pm	Practice session	Summary and embedding: the skills, structures and psychology
5.00pm	Close	



## OUTSTANDING PROGRAM - SPECTACULAR VENUE

Step away from your desk, and step into 40 acres of isolated paradise just one hour from the heart of Melbourne. In this architecturally designed haven, you will immediately breathe deeper and have the quiet space required to develop, grow and connect.

Take a walk and experience the herd of kangaroos as well as koalas, wombats, donkeys and horses as well as the vast array of birdlife which often include kookaburras, black cockatoos and eagles.

## THE YARRA VALLEY

Just one hour from Melbourne, the Yarra Valley is a whole life experience away, offering quality local food and wine, breathtaking scenery, romantic hideaways and indulgent adventures.

The Yarra Valley is recognised as one of the world's premier wine growing regions with over 80 sensational cellar doors, superb restaurants serving fresh regional produce, luxury accommodation, iconic scenery and stunning artwork. Extend your stay over the weekend and take full advantage of this excellent opportunity. Bring a partner. Each room is a double and partners are welcome, but not part of the learning program.

## YOUR PACKAGE INCLUDES

- Small group engagement over the 3 days (16 participants maximum)
- Single room accommodation at Kangaroo Manor
- Delicious meals  
(2 x Dinner, 2 x Breakfast, 2 x Lunch as well as morning and afternoon teas)
- Activities, including natural horsemanship

## PRICING

\$3 895.00 per person (+ GST) inclusive of all accommodation and meals

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## WHO IS DR LOUISE MAHLER?

It's all about the energy! Dr Mahler will delight you with her impersonations of current federal politicians, corporate leaders, sports stars and international film actors. In fact, she has worked with many of them!

Moving from the Vienna State Opera back to Australia, Louise observed a 'missing ingredient' in corporate leadership and completed an award-winning PhD around the unsung wisdom of the mind-body-voice connection she named Vocal Intelligence.

Her highly participative sessions mean you leave knowing, understanding and even embodying the change. You will be transformed from the darkness of confusion to the lightness of laughter and song.

### **Be prepared to engage!**

Louise's qualifications include: *B.Econ; B. Mus; Post Grad Dip Music; L.Mus.A; Master of Applied Science in Organisational Change as well as a PhD in the faculty of Business. She is also accredited in MBTI, a Master Practitioner of Neuro-Linguistics and certified in level 1 and 2 of Estill voice work. In 2006 Louise was the recipient of RMIT's award for innovation in PhD research.*

She appears on TV and Radio for her work on Presence and Influencing for senior leaders in high-stakes engagement.

**Dr Louise Mahler is in a league of her own. An expert in the psychology of face-to-face engagement, her research is award-winning and, her informed, hands-on approach, lends itself to transformational change.**

**BOOK NOW**