

# EXPRESSING YOU!®

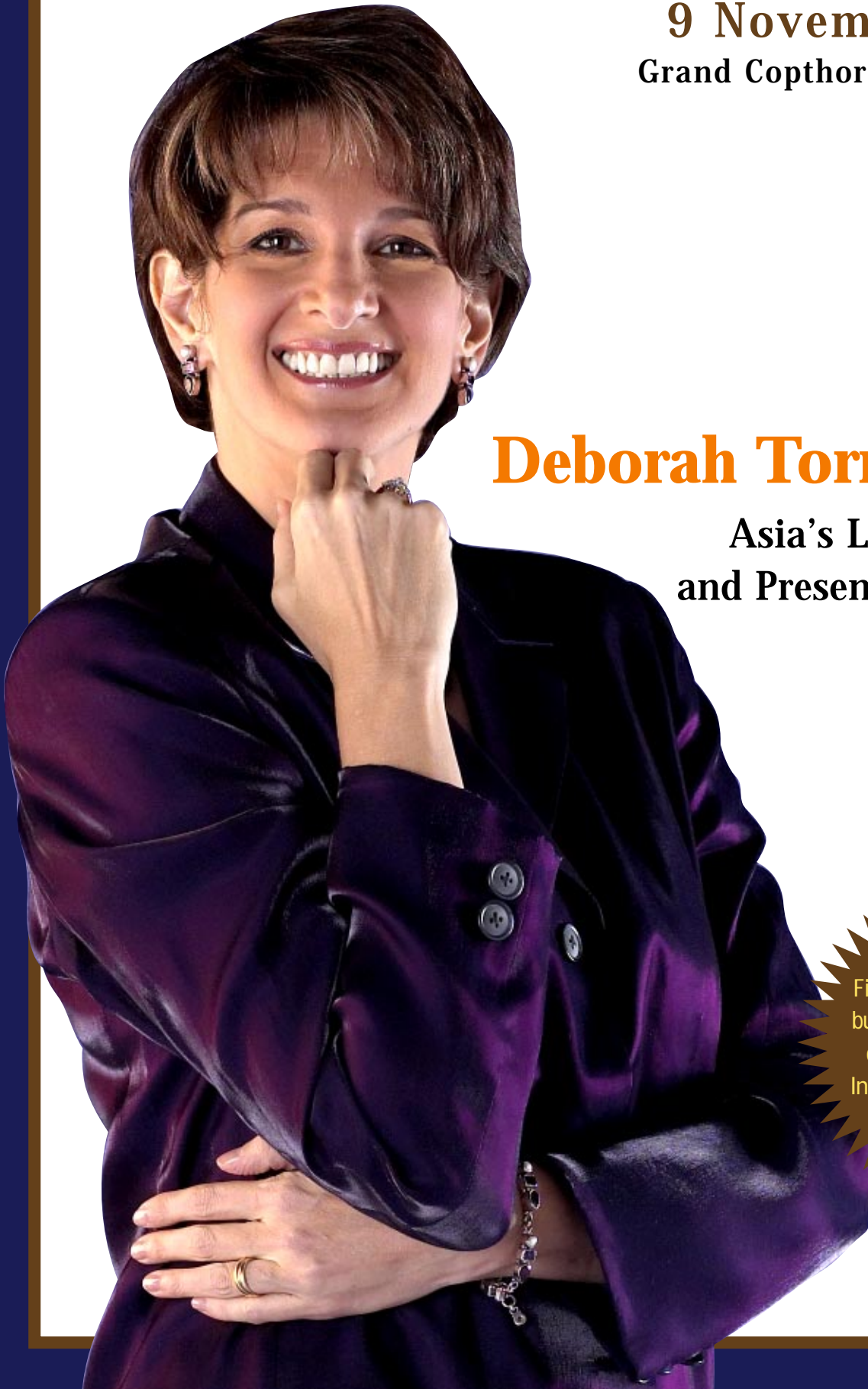
**5 Easy Steps to Confident Communication**

**9 November 2005,  
Grand Copthorne Waterfront,  
Singapore**

with

**Deborah Torres Patel**

**Asia's Leading Voice  
and Presentation Coach**



Bonus Session  
Find out how you can  
build a personal brand  
called YOU with an  
International Branding  
Consultant!

Organised by  
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Conference and Event Management Pte Ltd  
(Reg. No. 200210370R)

Before you decide whether you will benefit from this seminar, ask yourself these questions:

- Do you find it difficult to get your point across clearly?
- Do you find it challenging to establish immediate rapport with your clients?
- Do you struggle to find the right words to express how you really feel?
- Do you feel tense, nervous or anxious before making presentations or talking to groups of people?
- Would you like to know how to prepare, practice, plan, and prime yourself to deliver extraordinary presentations every time?
- Would you like to make a more attractive first impression?
- Would you like to find out how you can project a more likeable and confident self when you speak to others?

If you have answered 'Yes' to at least 3 of the above, this Seminar is for You! This workshop will help you professionally and personally.

No one is born with great communication skills. Yet the world's most influential and memorable leaders have all been extraordinary public speakers. Influential communication is an art form that can be nurtured and grown when you understand how to approach and follow a simple step-by-step process.

Each one of us has our own unique personality and style. Communicating masterfully is about how you can create a marriage between your internal strength and your external voice, so you can speak with confidence, in the world around you. It is about how you can bring your strengths, character and special gifts to fully express who you really are and connect with people.

In this seminar you will learn how to master both verbal and non-verbal communication over time. Deborah Torres Patel has helped tens of thousands of ordinary people become extraordinary communicators using a unique training system she created called Expressing You!®. It is designed to empower you to communicate clearly and

effectively while having fun in the process because it is not only the message but also the messenger that must come to life!

At the end of the seminar, you will learn how you can:

- Bring your message to life – using your body, voice, language, presentation and your audience;
- Increase your effectiveness and clarity;
- Get your message across every time;
- Create a positive and powerful first impression;
- Release physical tension, stress and stage fright;
- Reach out to people and connect with them being who you are.

The ability to present yourself and your ideas powerfully has never been more important than in today's dynamic information age. Speaking well can influence other's views, close a deal, motivate your team, enhance your business, and elevate your reputation.

Come and join us in this fun, practical and productive seminar! Discover how you can become an excellent communicator! If you are ...

- Searching for your own special gift to share with others;
- Looking for how you can shine brightly in your own, magnificent way;
- Finding out how you can get the courage, to be uniquely, creatively, and powerfully, Expressing You;

You'll greatly benefit from this exceptional learning experience where you can learn to enjoy the process of lifting your voice up, taking your spirit higher and bringing your communication to the next level. Hear what this manager has to say:

*"Deborah's class was time well spent! I did a call negotiating with a supplier in Australia and I used some of the techniques she taught me like speaking slower, smile, relaxed, and in no hurry to close the deal.... I can tell you it worked! Our call lasted only for 15 minutes and he agreed to most of my requests - which is surprising to me because a call like that can take hours!"*

- Nancy Quek, Procurement Manager, Singapore

### Special Classroom Assignment – Part I

The First Impression is a lasting Impression. Do you know what the first impression you make is? This special session will include an anonymous survey in which, based on the results, we would help identify your strengths and bring out the BEST in you.

#### 1. Bringing your Body to Life

- The importance of warming up the body – specific body parts key to presentation
- Physical exercises for easier articulation and pronunciation, releasing tension, natural body language and gestures that flow from authentically who you are

#### 2. Bringing your Voice to Life

- How to take care of your voice
- 3 most important distinctions of vocal production
- Long term vocal fitness warm up for stamina, strength, flexibility, vocal variety and vocal power

#### 3. Bringing your Language to Life

- How to get your message across every time
- How to confidently choose the right words
- Expanding your vocabulary
- Doing your homework

### Special Classroom Assignment – Part II

What is the first impression that you leave for people? (Feedback from first impression surveys)

Where you are versus where you would like to be?

Collage exercise in groups

Choose your 5 most outstanding qualities and integrate.

#### 4. Bringing your Presentation to Life

- Developing a personal brand based on your Vision and Values
- Cultivating your charisma
- Refining your rapport skills
- Enrolling Others

#### 5. Bringing your Audience to Life

- 12 Steps to a Powerful Presentation
- Overcoming stage fright
- Putting it all together
- How to integrate Expressing You!® easily into your daily life

## About Deborah Torres Patel

Deborah Torres Patel is Asia's leading voice and presentation coach. For more than 20 years, she has worked in over 60 countries teaching personal and professional clients to communicate with more confidence and full self-expression.

Educated at Carnegie Mellon University and Boston Conservatory of Music in the USA she holds degrees in Drama, Dance and Voice. She taught at UCLA (Los Angeles), Esalen Institute (Big Sur, California), Los Angeles Unified School District, National University of Singapore (NUS) and (NTU) Nanyang Technological University, Singapore.

Her distinguished client list includes Walt E. Disney Co., Time Warner, IBM, Channel 5 TV Singapore, Dumex/East Asiatic Corporation, Burson-Marsteller, Hong Kong Jockey Club, Hutchison Whampoa and Hutchison Swire Companies.

### Programme Schedule

Registration 08:15 – 09:00 hours

Workshop 09:00 – 18:00 hours

Lunch break, morning and afternoon tea-breaks will be provided for at the workshop.

### Fees

S\$495 nett per person.

Special group discounts are available when you register at least 3 delegates.

### Registration

For enquiries or registration, please contact:  
Partners Conference & Event Management Pte Ltd at:  
Tel: 65-6786 7363 Fax: 65-6786 3282  
Email: enquiries@partners-conference.com

YES! Please register me / us:

Name of Delegates	Designation	Email
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____

### Approving Manager

Name: \_\_\_\_\_ Designation: \_\_\_\_\_

Email: \_\_\_\_\_ Organisation: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Postal Code: \_\_\_\_\_ Country: \_\_\_\_\_ Tel: \_\_\_\_\_ Fax: \_\_\_\_\_

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