

## Join in, Step up and Speak out!

**EmpowerSpeak Presenter Series** is filled with opportunities to take risks and access your creative impulses while in a fun and judgment-free environment.



Photo: David Finn

LEARN HOW TO SHINE IN THE SPOTLIGHT AND STILL BE YOURSELF!

Course	Who	Why	Learn how
<b>Module A</b> Aug 19 San Diego	Developing Presenters	Feel More Relaxed	Enjoy the Spotlight
<b>Module B</b> Aug 20 San Diego	Developing & Pro-Presenters	Craft Content for Experience	Design the Audience Experience
<b>Module C</b> Aug 21-22 San Diego	Experienced & Pro-Presenters	Hone Stage Performance	Command the Room

### What you will gain

- Individualized coaching with Ilene Bergelson
- Knowledge through experience
- Peer review and support network
- Workbook + resources
- Prepared action plan for next steps
- Special tools to take home

*"EmpowerSpeak teaches you to release your personal fears of judgment and failure to make the most of any given opportunity. During the workshop, I saw many people make great strides and enjoy themselves while doing it."* A. Doss



C.H.E.K. INSTITUTE  
2105 INDUSTRIAL COURT  
VISTA, CA 92081

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THE C.H.E.K. INSTITUTE  
&  
LIFEMOVES HEALTH PRESENT

# EMPOWER SPEAK

PRESENTERS SERIES  
WITH ILENE BERGELSON



## WORKSHOP TRILOGY

BREAKING THROUGH  
CONTENT DEVELOPMENT LAB  
ADVANCED PERFORMANCE LAB

REGISTER TODAY

800.552.8789

[WWW.CHEKINSTITUTE.COM](http://WWW.CHEKINSTITUTE.COM)



## Workshop Trilogy

### Module A: 8 credit hours

BREAKING THROUGH TO BRING OUT THE SPEAKER IN YOU (1 DAY)  
 DATES: AUGUST 19, 2009 - SAN DIEGO, CA

We tap into the Speaker Within to speak more fully from the core of who we are. Through active exercises, we'll explore the internal sources of resistance and use anxiety to our advantage.

#### Learn and practice:

- Relaxation, focus, grounding, and warm-up techniques
- Identifying destructive habits and how to diffuse them
- Responding when you don't know the answer
- Capturing your audience's attention

### Module B: 9 credit hours

CONTENT DEVELOPMENT LAB (1 DAY)  
 DATE: AUGUST 20, 2009 - SAN DIEGO, CA

We dive into presentation construction. Our step by step process will help you discover how to craft content into a compelling learning experience for any audience—bring your laptop!

#### Learn and practice:

- Discovering the topic inside you
- Positioning interactive segments for greater impact
- Pacing content for the allotted time and adjusting for changes
- Getting the most from multi-modal aids like PowerPoint and Keynote

### Module C: 18 credit hours

ADVANCED PERFORMANCE LAB (2 DAYS)  
 DATE: AUGUST 21-22, 2009 - SAN DIEGO, CA

We spend 2 action-packed days fine tuning performance. You will come away with a new handle on impromptu and prepared scenarios. Whether your next audience is 10 or 10,000, Ilene will coach you personally to command the room and shine!

#### Learn and practice:

- Balancing authority and approachability
- Leading Q & A, polling, and interactive exercises
- Using your own brand of humor
- Making criticism work for you
- Priceless tips on voice preservation, what foods to avoid and more!

**Bonus:** Take home a recording of your performance! Please note: Attendees must bring prepared content from previous classes.

**August 23 - one-on-one consultations**

# MAKE A DIFFERENCE WITH YOUR MESSAGE



*"Loved the exercises and they forced me to step out of my comfort box. I took away more than I expected. More classes like these!"*  
 A. KADAR

This highly interactive, experiential workshop series delves deeply into the key interpersonal communication skills every expert needs to effectively reach an audience. Take one, two, or all three modules for the maximum benefit!



### INTRODUCING YOUR PRESENTER: ILENE BERGELSON

Ilene Bergelson is a professional performer with Broadway, TV, and film credits with over 20 years of teaching experience. Her specialties include empowered communication as well as prenatal-postpartum and post-rehabilitation fitness. Ilene has been published by PT on the Net and is a regular educational presenter for several organizations including Equinox Fitness Clubs. As an ACE Continuing Education Provider, she continuously gives workshops in various locations throughout the U.S. and abroad, including her popular series, Training for the Sport of Motherhood. Ilene coaches presenters privately and is a mentor for the C.H.E.K Institute's Success Mastery Program. She holds certifications from the American College of Sports Medicine, ACE and the C.H.E.K Institute. As Ilene is constantly expanding her education, this is an abbreviated list.



Save over \$200 when you register for three modules by June 30<sup>th</sup>!

Module	Register <u>before</u> Tuesday June 30 <sup>th</sup>	Register <u>before</u> Monday July 27 <sup>th</sup>	Register <u>after</u> Monday July 27 <sup>th</sup>
A or B	\$187 each	\$207 each	\$247 each
C	\$387	\$407	\$447
B & C	\$527	\$587	\$647
A, B & C	\$727	\$787	\$847

**Group discounts** - Special rates available for groups of four or more. Please contact us for details.

REGISTER TODAY 800.552.8789

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CEC's



CEC's



PDC's