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| **Present With Confidence:**  **Increase Your Income Through Speaking and Being Memorable** | | | |
| **8-Week Program**   * **Be memorable and more effective in your networking and workplace interactions** * **Feel confident leading or speaking in front of a group** * **Be more comfortable selling** * **Attract more clients through your speaking engagements and videos** * **Maximize presence – stand fully in who you are** |  | | |
| **MASTERING PRESENCE – Full Day Workshop.** Sunday, March 23. 9am-5pm  Learn practical, potent tools to increase your magnetic presence, confidence, and connection to your audience. | |  |
| **INCREASE YOUR POWER AND EFFECTIVENESS - 3 biweekly classes.**  Part 1: **Vocal Power.** Wednesday, April 2, 6-9pm  Learn to use the range, volume, and tone of your voice to instill confidence in your message, and keep your audience engaged and emotionally connected.  Part 2: **Amplify Your Assets.** Wednesday, April 16, 6-9pm  Amplify your energy and your presence to be more magnetic, vibrant, and memorable sharing your message. Share more of the real you, even under pressure.  Part 3: **Body Apology**. Wednesday, April 30. 6-9pm  Discover how *your* body “apologizes” and takes away from your message, and learn the simple key to come back to presence. | |  |
| **PUT IT ALL TOGETHER: Half-Day Speaking Workshop**. Friday, May 16. 4-7:30pm  Group review of key practices. Short presentations will be recorded. Receive feedback and celebrate your success! | |  |
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| **Workbook:** Basic best practices for structuring content in short videos and sales  conversations to provide value and lead to an offer | |  |
| **Before and After:** Videostaken at first and last live events – yours to keep | |  |
| **Facebook Forum:** Unlimited Q and A with Cassie, and group engagement throughout the 8 weeks | |  |
| **Group Calls:** 3 – 30 minute group coaching calls.  **Tues, 4/1:** 12-12:30pm, **Tues 4/22:** 12-12:30pm, **Tues 5/13**: 12-12:30pm | |  |
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| **BONUS:** Open invitation to attend weekly Friday morning mini-AFP sessions during the 8 weeks. Register at <http://new.avibrantbody.com/?p=257> (do not pay - check dates attending and submit) or email [cassie@AVibrantBody.com](mailto:cassie@AVibrantBody.com) |  | | |
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