

THE SUMMER PAUSE 2009

You — Your Voice — Your Personal Presence — Connection

Some people are simply mesmeric ... what do *you* reveal before you say a word?

Explore who you are and who you can be, through how you are
— to relax, release and refine yourself — for all you have to do and all that you really want to do.

By recognising and resolving inhibiting habits, you learn to trust and practise revealing your true shining presence.
You will learn the secret and vitality of connection with eloquence and ease ..

Don't wait for a crisis to be curious about how much more you can be ...

Endorsements

First, I am so glad I made time for this. Thank you Susan for creating exactly what it is — a Summer Pause!

Two days to explore necessary and very important aspects of both my personal and professional self.
An incredible experience — reminding, refreshing, re-energising, re-enforcing for me just how right it feels to lead well.

Besides the wonderful exercises and meeting others, I now have 'the secret' entirely integrated!

Please do more — a New Year Pause or Spring Pause too — such a valuable, powerful and enjoyable experience.

Vanessa Stanislas — Chief Executive Disability Alliance

'Summer Pause' - I couldn't come up with a more relevant title for the two day workshop if I tried.

As a freelance journalist I regularly find myself running around like a headless chicken, although this may be self-inflicted.
My daily life consists of working under pressure to complete deadlines in between running to catch public transport.

Without doubt all this leaves me very panicked and out of breath.

Summer Pause gave me a chance to slow down and realise it's OK NOT to feel so busy, whilst still achieving everything!

Just taking time out to gain composure through some simple methods has helped me relax and stay in control.

I couldn't recommend this enough.

Tulika Pandey — Freelance Journalist & Marketing Officer

I no longer have to push.

This profound realisation felt so visceral, simultaneously both felt and thought, it quite took my breath!
Your Summer Pause gives me much to reflect upon — personally, creatively and professionally — thank you.

SW — Amateur Theatre Director

The Summer Pause taught me how to be present and centred in both my professional and personal life.

Now, when I am with clients, I feel really present and, as a result,

my listening has improved and I'm trusting my abilities rather than placing trust in techniques.

Susan's support allowed me to reach inside and release the confident Hypnotherapist I knew was there!

Linda Connors — Clinical Hypnotherapist www.lindaconnors-hypnotherapy.co.uk

This is what I need — love your creativity, love your coaching!

Lucy Rasheed — Actress www.lucyrasheed.com

Susan White BA TEFL LGSM MA Voice Studies Distinction | MCH GHR AMT

Coach of Professional Spoken Voice & Personal Presence | Reflective Practitioner

superbly endorsed by Lords, Trustees, Chairmen, Chief Executives, Directors, Fundraisers, Artists, Actors, Consultants and nurses,
tutors, teachers, therapists, audio-book narrators and, most-importantly, every day people intrigued by the nuance of voice
— for the pleasure of personal presence and every day vocal confidence with eloquence and ease ...

more endorsements ... www.per-sona.com/Resources/endorsements.pdf



Bhavan Centre Gallery

Challoner Street
West Kensington (tube)
London W14

modern studio with sunny terrace
facilities • kitchen-refectory

~~Thursday & Friday
27 & 28 August 2009
10.00am – 4.30pm~~

enquire for Spring 2010

FEES 2009

per person for both days

£300 company funded
& self-employed

£240 non-profit funded
& self-funded

£200 discretionary
please discuss

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