

Dare to be an engaging Health Leader through Body & Mind Self-Regulation

Title: Dare to be an engaging Health Leader, spring 2024

Instructors:

- Géraldine Marmier, *Voice & Alexander Technique trainer*,
- Anne-Laure Ninnis, *Executive & Mental Fitness Coach*.

Date: *Saturday, April 13 from 9:30 to 12:30*

Objectives:

- Develop Confidence, Communication & Charisma of the engaging therapist/ health leader through the combination of the Alexander Technique and Mental Fitness.
- Discover and gain a first experience of the Body & Mind Self-Regulation concept.
- Put it into practice through the themes of conscious presence, managing saboteurs, body and vocal expression, positive and impactful communication.

Work method:

- Preliminary questionnaire.
- Introduction, practical work with videos, in pairs and small groups.
- Definition of personal objectives and suggested strategies for a potential further follow-up after the workshop.

Languages: English

(Translations and materials also available in French and German)

Location: *Studio Brunau, Brunaustrasse 25a, 8002 Zurich*

Parking available.

Cost: CHF 160.- /students CHF 110.-

Registration: until April 5, 2024, info@studiobrunau.ch.

As the number of participants is limited to 10, registrations will be taken into account on a first-come, first-served basis.

Additional information:

- Géraldine Marmier – www.studiobrunau.ch - 076 226 77 73
- Anne-Laure Ninnis – www.annelaurecoaching.com