

Future focus

With a quick **questionnaire** and confidential **chat**, Identify your fears, strengths and areas of focus. We set the game plan to know exactly how you'd like to be facilitating in future

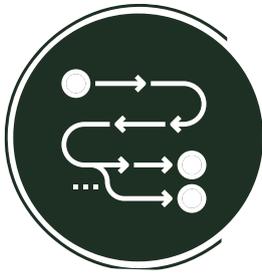
With a group of professional peers, a series of 3 x 2 hour fortnightly working sessions will cover the key elements of successful facilitation that you need to know:



#1 The keys to success

Plan your session in real time using tried and tested techniques to get the flow, timing and techniques right so you can focus on your audience and delivery.

- Facilitation fundamentals
- Design to deliver
- Have a 'memory map' for your content



#2 Start Strong, end strong

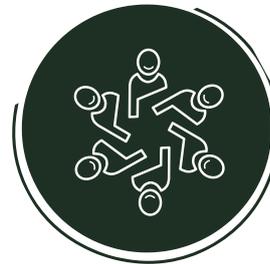
Develop an introduction to engage the audience, feel super confident and set the scene for what's to come. Be clear about what you want to get out of this and what you want your audience to action.

- Nail your introduction
- Polish your finish
- Inspire action



#3 Hold the room

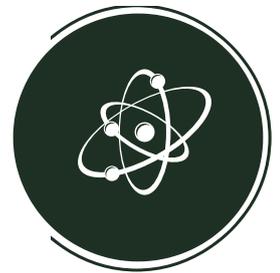
- Manage nerves
- Voice and body techniques
- Boundaries and engagement



#4 Dynamic Delivery

Put your learning into action and get detailed, targeted feedback from your peers in a safe setting.

- Live run through
- Tools and tech
- Q&A



#5 Peer Practice

Between our sessions structured preparation and practice will help you to get the most from the program.

- Content and design drafts
- Individual practice
- Rotating paired peer practice

Fees for the above are \$2,990 plus GST.

If you'd like to keep catching up thereafter we can book something in on a regular basis.

Stand-alone coaching sessions: \$450 plus GST



Sophie Graves
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Sophie is a seasoned leadership practitioner, facilitator and executive coach with over 20 years of experience helping leaders and teams to be their best.

Sophie founded The Adapt Group in 2006 and is passionate about creating great workplaces that make an impact!