



.... HOW TO PERFORM AT YOUR BEST

Market pressures and economic tensions driving corporate reorganisations make our teams bigger and our workload higher. They also make it difficult for everyone to connect as effectively as before. Body language reveals itself more pressingly in these situations, and conveys messages about stress, self-confidence and our ability to lead in ways most of us do not suspect. Women leaders have an opportunity to grow self-awareness about their non-verbal com', how it affects their self-perception and that of others, and press a virtual "reset" button to start building, projecting and living increased self-confidence. Come and learn how body language can have an impact to increase one's confidence and improve interpersonal relationships!

Participants in this workshop will be able to relate to illustrative situations, feel inspired to change, and leave with a set of new tools and "food for thought" at hand to develop "Body Language to Perform at Our Best". Here's how we'll go about this:

- **My body speaks of me:** become aware of what the different components of non-verbal and body language are, learn how to improve one's body language in order to be more effective
- **My body speaks to me:** learn about the messages our brain sends us and how to intercept and influence them
- **Everyone has a body!** Let's find out where and when we already have effective body language
- **Great, confident body language is within reach of everyone:** changing our body language is not about changing ourselves, it's about changing how our body, how we dress, how we sit... speaks of us
- **Make body language your advantage:** be one step ahead of your brain and influence others by using your non-verbal communication including your body to communicate for you!

Purpose and Desired outcome

Participants realize the importance of assessing their "current" non-verbal practices, how they appear to others to accept who they are. Based on our simple but powerful "DOs" and "DON'T's" and healthy tips, they take away 2-3 concrete ideas (and plenty of sources and references) how to further improve their body and non-verbal language in order to build and project increased self-confidence, and lead themselves and others more effectively, starting by making ourselves a promise of where and when we'll start changing!

Benoit Guitaut is an experienced team leader, workshop facilitator and key note speaker. He has facilitated many workshops in competency and leadership development, including communication, public speaking and personal effectiveness. His experience in leading individuals and teams to realise their potential make him a relevant partner in motivating men and women to find the change they want to implement. Benoit has 15 years' experience in trade finance, purchasing and consulting environments, and has worked in the USA, Singapore, Switzerland, UK. The combination of his blue chip track record and passion for training enable him to create and deliver powerful learning experiences for Kinetic Consulting's clients (www.kineticconsulting.com)

Date: May 2, 2018
 Time: 18:30 - 21:00 (Welcome + buffet dinner as of 18h; 2.5-hour workshop starts promptly at 18:30)
 Language: English (Q&A in English and French)
 Location: 47 avenue Blanc (7th floor), Geneva - 8 parking places behind building; otherwise blue + white street parking; tram #15 (Maison la Paix stop)
 Registration: Via www.cwf.ch - accepted until April 27th
 Cost: CWF members 70 CHF / non-members 90 CHF