

VIDEO CONTENT

Full Day Workshop 1

What follows are descriptions of the 4 segments in chronological order, covering the live footage of the entire day. Each segment lists the exact footage with the matching key words and expressions within each segment.

The blue-coloured-font highlights the name of each participant, and when their turn to speak and have a presentation breakthrough begins and ends

The orange-coloured font represents scenes where Dr Gary is teaching, revealing particular poignant points to reflect upon

The red-coloured font represents the portion where each participant shares at the end of the day:

1. how they've benefited the most from their own breakthrough
2. how another's breakthrough has touched them in some way
3. what they are taking away...

Segment 1

00:00 Intro, setting the stage for the full day, welcoming the group, guidelines, housekeeping,
9:42 how to give feedback to each other during the workshop: speak in encouraging, nurturing ways, that provide tangible physical measurable feedback that addresses what you saw, felt or heard that has shifted with the presenter making a breakthrough – Make 'sense', that is reach people w your message (and feedback) in as many senses as possible
11:45 Acknowledging the audience as the best group yet (see "Speech Cycle template"). Following on the understanding of the "Hundredth Monkey" principle, Setting the intention at the beginning, creating safety for the group
13:45 –52:40 Personal Introductions Presenting Challenges & Themes affecting spoken communication , Rosh (13:45-19:05), Ben (19:05-21:49), Radhika (22:00-23:07), Nicola (23:08-25:52), Paulina (25:53-28:05), Alfonso (28:06-31:27), Keith (31:29-34:38), Robyn (34:39-36:54), James (36:55-38:15), Mike (38:16-40:18),
Giuliano (40:19-40:33), Justin (40:34-44:09), (Melanie (44:40-45:48 ...challenge speaking to groups), Tricia (46:15-47:19), Arven (48:30-50:30)
15:10 The 5 "S" principle.
17:20-19:04 Group exercise *"It's easy for me to reach you with my message"*
25:20 *"My audience is more interested in hearing what I have to say than I am afraid to say it"*
47:19 *"Up to now I, From now on I"*
47:30-48:44 Guidelines to access mutli-sensory words and expression through Dr Gary's workbook "Mastering Authenticity & Rapport with Audiences"
52:20 *"As I trust the fluidity of my movements, my words flow through fluidly"*
53:20 Identify the 3 V's of communication: the Verbal words, the Vocal sounds, the Visual gestures"
56:08 Speech Cycle template & Cycle of Communication: PEA formula of Matching each Point with 1 Example & 1 Application
58:36

58:37-102:45 **Story** how Dr Gary originally developed tool of “Embodying Self-talk for Empowering Presentations”... This story is of Ken the Lawyer, whose new self talk of “*Who I am is worthy, What I say has Value & People are drawn to invest in me, my products and services*” is a model for us to follow 102:45

102:45-130:00 Dr Gary leads the group in the above exercise, with each participant identifying 3 keywords and gestures that match their quintessence of expression, to bring audiences into the zone and reach people through multiple layers of connection throughout one’s speaking [All present 3 keywords, standing in a circle]

123:08 Turning a question into a statement, demonstrating trust in one’s own convictions with sounds of deepening and movements that continue to move beyond old patterns of hesitation

131:38 How to utilise the visual aid “Self-talk to empower Presentations”

Segment 2

3:19-17:45 **James** “*I’m dominant, I’m charismatic* (fingers beckon audience to come closer), *I’m attentive*” “I express my masculinity being playful & relaxed” [at first speaks fast, then slow, then the ‘best of both’]

18:00-27:38 Choreography of Communication – Demonstrating “The Grid System” to “WALK YOUR TALK”

28:38-31:50 professional rapper “wRAPS’ up and summarises last speakers presentation and breakthrough

37:24 I find the right balance between being serious playful, assertive ,and receptive with ever—53: “I am empowered, so whenever I am challenged...”

38:00-54:17 **Radhika** “I’m resilient, heart-centred, and sincere”

54:17-55:10 wRap up

57:18-127:11 **Nicola** “*I’m sparkly* [expands light as releases hesitation], *I’m universal, I’m sensitive*” Integrating the best of both, both ‘performing and being real’ “*My vulnerability is my strength, Sharing my caring is my strength, My tenderness is my strength, Sharing our heartfelt humanity is our developing strength*” “*This is what love is like...The heart of humanity is what I tune in to, and I have to go all the way out, and anything less than that is not enough*” “*From now on I don’t have to do anything to be me, I am enough. I express the love that I have, and the love I have to give*

119:20 wRAP up

121:30 **Application:** How this last presenter’s breakthrough applied to individual members of the audience

Segment 3:

6:30-8:23 Participant gets permission to hide

8:23 Nicola gives feedback and gratitude for her breakthrough just before lunch

9:53-22:27 **Mike** “*I’m compassionate, I create safety, I’m reflective and wise*”

22:48-36:23 **Robyn** “*I’m caring, I love sharing, I’m passionate*”

“*I am worthy of greatness, of shining and showing who I am*”

34:00 Application of most recent breakthrough to audience members

34:45-36:23 Wrap up

36:40-43:48 Ben “*I am calm, playful and strong*”

43:42-45:25 wRap up

45:42: Application of most recent breakthrough to audience members

47:49-56:58 **Keith** *"I'm confident, I'm strong, I'm patient"* (introducing puppet mascot of Pepe the Platypus), balancing and integrating two parts of himself that have been separate up to now ("goals" on one side, "family" on the other), "I'm ready to have it all"

55:30-56:58 Wrap up

57:00-105:07 **Melanie** *"I'm knowledgeable, I'm passionate, I'm sensitive"* Lets go of "hiding", embraces "Freedom" *"Now that I'm free, I'm here to be heard"*

105:17 Wrap up

106:54-118: **Rosh** *"I'm strong, I'm humorous, I have insight"* Demonstrating the "Double Extreme" technique, and embodying "The Best of BOTH" Shifting from seeing self as broken to accepting being enough, as he already is. ***"I'm complete just the way I am"*** "I take whole and complete breaths, I am whole and complete"

118:30 Application of most recent breakthrough to audience members

119:10 Wrap up

Segment 4:

1:20-12:50 **Alfonso** *"I'm considerate, I'm determined, I'm fun"* Integrates comfort of feeling at home w family with desire to be fun-loving clown-like. "It's enough to be myself. When I am myself, my kids love me as I am"

12:50-13:33 Wrap up

13:34 Review of the day, by **James**

"What meant the most to me today was..."

A moment I'll always remember with one of you was

What I'm taking away with me is..."

16:42: Review of the day, by **Melanie**

20:48-28:59 **Justin** Creating balance between 'doing things well' and 'being right', On the one hand, on the other hand...24:57 puts hands together, integrating opposites, 26:00 moment of breakthrough, now ready to reclaim natural gifts that have been suppressed under outcome-driven actions for years, "I bring it ALL THE WAY ON"

29:00 wRap Up

30:42 Applications of most recent breakthrough to audience members

34:49-44:30 **Arven** "I am myself"

44:31 Applications of most recent breakthrough to audience members

46:00 wRap up "I'm enough now, I'll stand up to you, and that's a fact"

47:49-44:31 Applications of most recent breakthrough to audience members

50:08 **Paulina** [puts on Egyptian headdress of nobility] *"Since I am invincible, mystical, and wise" "I am playful and..." "I can do whatever I envision. I allow, I receive and I claim"* [thinking, speaking and enacting my truth with ease]

59:38 wRap Up

100:50 Applications of most recent breakthrough to audience members

103:10-110:15 **Giuliano**

Letting go of hiding, integrating being 'quiet' and being a 'riot'

112:15 Applications of most recent breakthrough to audience members

114:40-124:58 **Tricia** ***"I own my voice"*** *"As I own my voice, you see me..."*

125:10 wRap Up

126:20-129:25 Applications of most recent breakthrough to audience members

129:25 Review of the day, [CLOSING COMMENTS BY ALL PARTICIPANTS]

"What meant the most to me today was..."

A moment I'll always remember with one of you was

What I'm taking away with me is..."

208:20 Dr Gary reviews the day for all, gives homework to participants, and leads group in final exercise: "to notice, to hear see feel through all of your senses what is different in how you perceive and express yourself through the body as your chief instrument of communication ..We have come together today, one person after another, in an avalanche of vulnerability, and in acknowledging what each of us has set in motion for all of us, I give you my deepest respect..."

LAST EXERCISE ALL PRACTICE MATCHING THE **3V**'s of communication, having the following Verbal words match the Vocal sounds and Visual gestures as all say [all at once] in our own unique way: "Sharing my caring is my strength, sharing my tenderness is my strength. My heartfelt humanity, this is my developing strength. My vulnerability is my strength. Sharing our common humanity is our invincible strength..."

FIN (Ends here):

"And this is where it all begins..."