

VIDEO CONTENT

Full Day Workshop 2

And what follows are the 4 tracks in chronological order covering the live footage of the entire day. Each track has beginning and ending footage with the words that started and ended each sequence.

The blue-coloured-font highlights the name of each participant, and when their turn to 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 pink-coloured font is the section where Dr Gary sings his original song "Winds", his 'song of the soul'

The red-coloured font represents the last portion of the video, where each participant shared their experience of the day and the benefits each one is taking away – live testimonials

Segment 1

4:00 Intro, acknowledging the group

6:00 how to give feedback to each other during the workshop

6:31 This is a visceral opportunity today -6:41 to get gutsy and get physical in our presence and presentation

10:30 Personal Introductions

*31:52 Part of my goal with every one of you, is that you leave here today with increased perceptions and expression ... that is my promise to each and every one of you 32:10

32:21 I want you to pay attention PEA formula ...make sense? 33:44

37:30 Embodying Self-talk to Empower your Presentations

38:13 The Story 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

43:07 On any stage of your life, when you continue to _____ It makes a lot of sense, doesn't it?
43:31"

44:09 All present 3 keywords in a circle

3? 51:22 when you make a point PEA formula 52:02, makes senses?

106:15 Luke ...Take that with you126:25

SPEAKING FROM THE INSIDE OUT:

1:15:40 It's a story of a father and a boy 1:17:15 the world came back together by itself

1:17:09 What did you learn from Luke's process? Moving from being in the head to trusting the wisdom of the body

1:22:13 by the way....where are we going to go from here? What to do when you've lost the plot and forget what to say? Let's light a fire together. Have a seat. 1:25:56- Now let's all ...My audience is so much more interested in what I have to say than I am nervous to share it...1:26:19 [great little short vignette]

1:26:51 Birute Well done 1:49:09

149:13 As we stand up in a circle together “Who I am is worthy, What I say has value & People are drawn to invest in me, my products and services”

...Unite 150:15

Segment 2

00:09 Everyone’s breakthrough shifts multigenerational shifts...makes this possible 00:32

2:09 introducing puppets and props

5:03 Elphie -32:36 the best of both for all of us

23:10 Elphie demonstrating the “best of both” ...Well done, well done. 29:37 ...the best of both for all of us 32:30

Segment 3

00:00 Participants presenting a puppet they have chosen, sharing the puppet’s points-of-view on all that has been happening so far...

18:00 P.E.A. formula, explained more in details

17:37 A Teaching Point the PEA formula 19:02 Great stuff!

19:15 Katy Chiu Giving self own self- approval -...magnetising it from inside 36:25 ...ending with APPLAUSE 37:40

37:45 Jackie Walsh Releasing being railroaded by other’s opinions -..thank you 50:02

51:33 Mariana Arlean 103:36

103:35 Steve O’Halloran – 126:00

127:12 Donna Elliott 159:50 truly transforming our message with our bodies and our voices

Segment 4

00:46 “Last and not least, Jane - whole greater than the sum of it’s parts 26:27

24:44 TITLE: INTONATION – When to speed up the voice, when to slow it down] in speeding up,.... that was a big learning 25:19

26:27 Embodying the affirmations “sharing my caring my vulnerability, , my humanity my developing strength think, say, do 27:38

27:47 I want to sing a song to you WINDS... thank you 32:32

32:49 “there’s a beautiful email I got once “there’s a song in you” ...what a beautiful ritual 33:26

33:27 today you have created some beautiful rituals that have awakened... [CLOSING COMMENTS BY ALL PARTICIPANTS] what has happened here today 55:15