

# SPRING PAUSE 2010

**You — Your Voice — Your Personal Presence — Mesmeric Connection**

Some people are simply mesmeric ... what do *you* reveal without saying a word?

Effective for all who wish to explore who you are, and who you can be, through 'how' you are and how you come across!

Learn to relax, release, re-energise and refine yourself — for all you have to do and all that you really want to do.

Recognise and resolve aspects of your manner, learn to trust and practise revealing a more credible, congruous shining presence.

You will learn the secret vitality of connection to yourself and to others — with eloquence and ease.

**Know your worth more? Seeking to be and achieve more, but unsure how to go about it?**

**Don't wait till a crisis forces you to discover under pressure!**

**Others' say ... about the SUMMER PAUSE 2009**

First, I am so glad I made time for this. Thank you Susan for creating exactly what it is — a Summer Pause!

Two days to explore necessary and very important aspects of both my personal and professional self.

An incredible experience — reminding, refreshing, re-energising, re-enforcing for me just how right it feels to lead well.

Besides the wonderful exercises and meeting others, I now have 'the secret' entirely integrated!

Please do more — a New Year Pause or Spring Pause too — such a valuable, powerful and enjoyable experience.

**Vanessa Stanislas — Chief Executive Disability Alliance**

Summer Pause — I couldn't come up with a more relevant title for this 2 day workshop!

As a freelance journalist I regularly find myself running around like a headless chicken, although this may be self-inflicted.

My daily life consists of working under pressure to complete deadlines in between running to catch public transport.

Without doubt all this leaves me very panicked and out of breath.

Summer Pause gave me a chance to slow down and realise it's OK NOT to feel so busy, whilst still achieving everything!

Just taking time out to gain composure through some simple methods has helped me relax and stay in control.

I couldn't recommend this enough.

**Tulika Pandey — Freelance Journalist & Marketing Officer**

I no longer have to push.

This profound realisation felt so visceral, simultaneously both felt and thought, it quite took my breath!

Your Summer Pause gives me much to reflect upon — personally, creatively and professionally — thank you.

**SW — Amateur Theatre Director**

The Summer Pause taught me how to be present and centred in both my professional and personal life.

Now, when I am with clients, I feel really present and, as a result,

my listening has improved and I'm trusting my abilities rather than placing trust in techniques.

Susan's support allowed me to reach inside and release the confident Hypnotherapist I knew was there!

**Linda Connors — Clinical Hypnotherapist**

This is what I need — love your creativity, love your coaching!

**Lucy Rasheed — Actress**

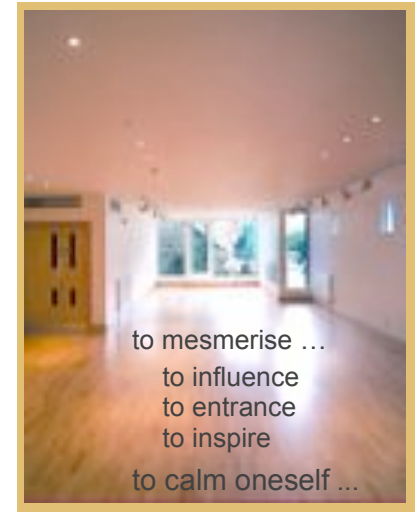
**Susan White MA**

**Coach of Professional Spoken Voice & Personal Presence**

*superbly endorsed* by Lords, Trustees, Chairmen, Chief Executives, Directors, Fundraisers, Artists, Actors, Consultants and nurses, tutors, teachers, therapists, audio-book narrators and, most-importantly, every day people intrigued by the nuance of voice

— for the pleasure of personal presence and every day vocal confidence with eloquence and ease ...

**ENDORSEMENTS ...** [www.per-sona.com/Resources/endorsements.pdf](http://www.per-sona.com/Resources/endorsements.pdf)



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West Kensington (tube)

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modern studio • sunny terrace

facilities • kitchen-refectory

**SPRING PAUSE 2010**

Thurs 29 + Fri 30 April 2010

10.30am — 4.30pm

— **fully booked** —

coming soon — dates for

**SPRING PAUSE 2011**

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**BOOKING FORM**

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