

SUMMER 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 release tension, 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!

Having attended the Summer Pause 2009, I booked again with no hesitation whatsoever.

As a busy Chief Executive, it is absolutely essential to stay in touch with my own sense of presence, self-belief and purpose

Spring Pause 2010 did not disappoint.

Susan's skillful leadership, knowledge and presence enabled us to reflect and to give as much/ little as we felt comfortable with, to get the most out of this wonderful developmental experience.

I left having been reminded that my thinking, intuition and approach are sound, restored and refreshed.

[Vanessa Stanislas](#) — Chief Executive Disability Alliance

A wonderful, relaxing and rejuvenating experience. I will certainly make this an annual event.

[CB](#) — Lawyer

Summer Pause — I couldn't come up with a more relevant title.

As a freelance journalist I work under pressure to deadlines whilst running to catch public transport — always breathless!

Summer Pause gave me a chance to fully realise I will still achieve everything by giving up habitual feelings of panic.

Gaining composure through simple methods now helps me stay in control — I couldn't recommend this enough.

[Tulika Pandey](#) — Freelance Journalist & Marketing Officer

The learning I experienced during the Spring Pause 2010 was deeply powerful and has enabled me to feel and project myself differently. This will have a big impact on my personal confidence and professional performance.

[Richard](#) — Global Market Research Agency

I no longer have to push. This profound realisation, visceral, simultaneously both felt and thought, quite took my breath.

Your Summer Pause 2009 gives me much to reflect upon — personally, creatively and professionally — thank you.

[SW](#) — Amateur Theatre Director

The Summer Pause 2009 taught me how to feel and remain present and centred in both my professional and personal life.

Now with clients when I feel softly present, my listening improves and I trust my abilities rather than clinging to technique.

Susan, your support allowed me to reach inside and release the confident hypnotherapist I always knew was there.

[Linda Connors](#) — Clinical Hypnotherapist

How to describe the Spring Pause? Challenging yet fun ... difficult yet easy... stretching yet safe ... laughter yet tears ... structured yet free! Actually it isn't really possible to describe it ... better just to experience it for yourself.

[Anne Maguire](#) — Associate Director Property Services

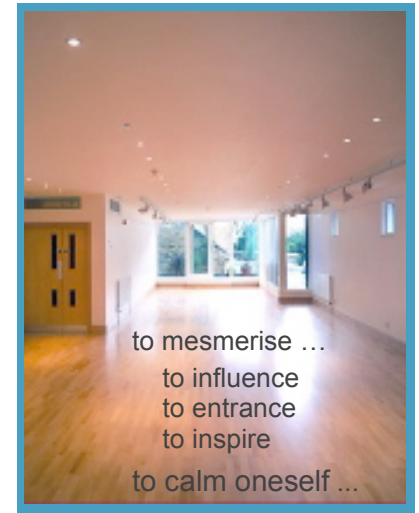
This is what I need — love your creativity, love your coaching! [Lucy Rasheed](#) — Actress

Inspiring and worthwhile — now onwards in PRESENCE, ready for all it brings! [Avena Mansergh-Wallace](#) — Actress

Susan White MA [Coaching Spoken Voice & Personal Presence | Reflective Practitioner](#)

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 ...

Endorsements ... www.per-sona.com/Resources/endorsements.pdf



Bhavan Centre Gallery
West Kensington (tube)

London W14

modern studio • sunny terrace
facilities • kitchen-refectory

SUMMER PAUSE 2010

Thurs 26 + Fri 27 August

10.30am – 4.30pm

— fully booked —

dates for

SUMMER PAUSE 2011

... coming soon

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Please telephone for
BOOKING FORM
with terms + conditions