

7th
Summer

SUMMER PAUSE 2016

Enlightening effective development with supportive, generous participants
led by a renown professionally-trained coach, psychologist and inspirational trainer

*for artists • actors • drama students • dancers • singers • non-performing free spirits
writers • sculptors • photographers • forces • nurses • seekers & explorers ...
for all who can remain open, positive and inspired, learning as an individual within the group*

We explore HOW TO engage with Self and Others

HOW TO understand your Listeners/Audiences – WHY + WHAT engages others

TRANSITIONS: manage blocks, nerves and critical voices to dissolve struggle and find flow

HOW TO channel “feels like” and “what if” into professional expression

Body Listening • Deep Listening • Active Listening • Actual Listening • Dream Weaving

Self Restoration: absorb and re-balance through outstanding Guided Meditations.

Others say ...

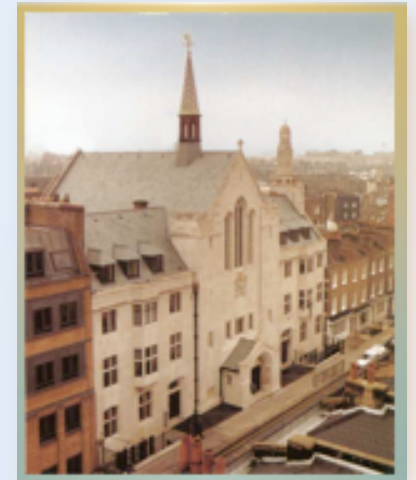
“ How to describe the Summer Pause? Challenging yet fun ... difficult yet easy... stretching yet safe ... structured yet free. It isn't really possible to describe it ... better just experience it for yourself. *It's rare to find tuition that inspires men and women alike in such a unifying way.* Writer

It feels strongly how we were always meant to be, before 'struggle' gets in the way. You strike the perfect blend of theory, anecdote, inspiration — it's practical and just the best fun. I used to believe change inevitably meant confusion, frustration and effort — Pause is brilliant! Journo

I value your energy, your open, free-spirited approach and your professionalism. You have, what so many people lose, a true sense of wonder — ideal for teaching people how to explore their presence, their voices and how to affect their surroundings. Actor

Wonderful relaxing rejuvenating experience, I will certainly make this an annual event. Theatre Director ”

Guided by the renown London Coach of Professional Spoken Voice & Personal Presence
Susan White BA TEFL LGSM MA Voice Studies Distinction
Psychologist + Inspirational Trainer – Unique Personal Development via Aspects of Self



Venue: big, light, wood-floored hall with stage
The Swedish Church
7 Harcourt Street
London W1H 4AG
(Edgware Rd tube)

ONE DAY ONLY

Thursday 25 August
10.00am – 4.30pm

£300 company-funded
£200 self-funded
£100 students

LAST FEW PLACES

All enquiries by phone
directly with

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