



# Public Speaking Goddess Retreat 2018

28 - 31 October, 2018 ☀️ Byron Bay Hinterland

## From Fear To Fabulous

*It's time to press the "Pause Button" and let your "Inner Speaker" out to play at this exclusive working holiday. Prepare to emerge radiant from your chrysalis, not shrinking, but seeking, speaking opportunities. This is a specialist retreat for 6 bold women only, who avoid public speaking and are missing career opportunities.*

### This Retreat Is For You

If you are a professional woman who avoids public speaking or you do it under duress and you want to learn to enjoy it! And if you've ever struggled with...

- Trembling knees and a voice saying "You are not good enough"?
- Standing your ground, saying "no" and speaking confidently off the cuff?
- Hiding behind a stiff, polished exterior, yet yearning to enjoy real, relaxed connection? Radiate rather than pretend?
- Having something to say... but lack the skill, structure and confidence to say it well?
- Know your career and life opportunities are suffering through avoidance and fear of public speaking?

### What You'll Gain Is Freedom

Freedom to grow, to speak, to lead. In 4 days you'll shift into speaking with compellingly attractive authenticity. Learn...

- The gracious art of public speaking with ease & authenticity
- To refine your natural voice and unique core message
- To engage group attention with trust, rapport and credibility
- How to promote yourself without the "hard sell"
- To work skilfully with groups and handle "difficult" people
- To switch your Stress Response to your Relaxation Response
- To create your Speaker's Bio Sheet & 30 Second Self Intro
- Find and refine your purpose, strengths and stories
- How to use speaking as a simply great marketing tool
- How to structure presentations and workshops that are seen, heard, remembered... and you'll enjoy giving!



Geraldine  
Barkworth,  
Facilitator

*Hello! I'm Geraldine, authentic speaking coach and director of Goddess Of Public Speaking.*

*Thanks for your interest in my Retreat. I've helped hundreds of women shift from fear to fabulous when speaking in front of groups. If you are now ready to let go this old fear, why not join us in 2018?*

*Although based in Byron Bay Northern NSW Australia, thanks to online technology I work with professional women around the world. Perhaps you will be one of them! I look forward to meeting you at Gurragawee Eco Retreat. Geraldine*

### Booking Details

**Contact Geraldine to check availability.**

#### Dates 2018

12.30 Sun 28 Oct – 2pm Wed 31 Oct.

#### Single Pre-payment: \$1,750

Paid in Full by 25 Sept 2018.

#### Payment In 5 Instalments: \$1,850

\$370 x 5 by 25 Sept 2018.

#### To Book

Geraldine Barkworth, 0478 575 250

[www.goddessofpublicspeaking.com.au](http://www.goddessofpublicspeaking.com.au)

[geraldine@goddessofpublicspeaking.com.au](mailto:geraldine@goddessofpublicspeaking.com.au)



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## Draft Program

### Sunday Day 1 Confidence & Authenticity

12.30 Welcome Lunch. Thoughtful Introductions. Reframing "Public Speaking". Video. Setting Intentions. Activating Your Relaxation Response. Slow Yoga to Reconnect Mind & Body.

### Monday Day 2 Body & Voice

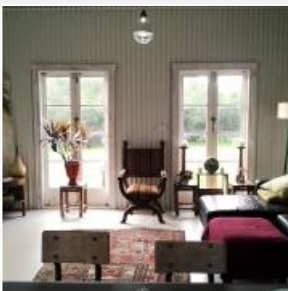
8am Breakfast. Authentic Connection. Becoming Fully Present. Slowing Down. The Grand Art Of Pausing. What Does Your Body & Voice Say? Is Anyone Listening? Video. Creating Credibility & Trust. Visualisation. Optional NIA Dance Class. Body Language. Exploring Personal Expression. Spontaneous Fun. Wordplay.

### Tuesday Day 3 Message & Story

8am Breakfast. Who Are You? Your Story. Gracious Self Promotion Without "Hard Sell". Crafting Compelling Self Intros. Creating a Speaker Bio That Doesn't Make You Cringe. What Makes You & Your Service Different & Stand Out? Presentation Structures That Work Every Time. Video. Surprise Evening Event.

### Wednesday Day 4 Leading & Presence

8am Breakfast. Holding the Space. Compel From Start To Finish. Creating Your Setbacks Strategy. Trouble Shooting. Your Kind Of Leadership & Fabulous. Video. Action Plan. Celebratory Lunch.



## Venue

Our beautiful newly built eco venue is called [Gurragawee](#). We'll be looked after by Gurragawee's owner, artist and cook extraordinaire, Kate LeMessurier.

Gurragawee is approximately 25

mins drive south of the popular town of Byron Bay, NSW.

Airports: Gold Coast & Ballina.



## Extras

- Learn to relax, centre yourself & calm your mind. Restore clarity and purpose
- Chance to network & learn from other women in business. Bring your cards.
- 30 minutes of optional private coaching with the Facilitator on Retreat;
- Opportunity to watch yourself on film with thoughtful feedback & support;
- [30 Minute Speaking Emergency Consult](#) with Geraldine if needed after;
- Creative, playful learning to energise & inspire your own presentations.
- Group telecall with Geraldine to assist your new skills into the real world;
- Deliberately small numbers (6) so there's lots of time for everyone;
- 100-page detailed Retreat Workbook of notes and templates.

## Summary

- you + public speaking = new possibilities,
- 3 nights/4 days in peaceful rural beauty
- Optional yoga, dance, meditation, walks
- Free time to dream, read or just curl up,
- Includes private consult with facilitator
- Gorgeous safe space for 6 women only,
- Private queen room & gourmet meals
- Bring an open mind & comfy clothes,
- Find Your Own Fabulous in speaking!



# Public Speaking Goddess Retreat 2018

6 - 9 August, 2018 ☺☺ Byron Bay Hinterland

## Make 2018 The Year To Free Your Inner Speaker!

Join us to spend 4 days with public speaking coach Geraldine Barkworth, as she guides you within a small group of 6 bold women, to find your own "From Fear To Fabulous" whenever and wherever you speak.



## Application Form

Your Name	Xxx		
Business / Organisation	Xxx		
Full Invoice Address	Xxx		
Contact Phone	0000 000 000	Alternative Phone	0000 000 000
Emergency Contact Name	Xxx	Emergency Contact No	Xxx
Confidential and Important	Please advise any food allergies, health condition, treatment or medication you are currently receiving from a healthcare professional that may affect your ability to fully participate in retreat sessions.		
	Xxx		

### Terms and Conditions (please read each one)

- **COST:** 2018 Public Speaking Goddess Retreat Cost: \$1750 in full or \$1850 in 5 x \$370 instalments.
- **INCLUSIONS:** Your payment covers all small group workshops, a 30 minute private consultation, personal coaching, queen room, all gourmet meals, optional fun activities like forest walks, yoga and dance, extensive notes and templates and follow up group telecalls.
- **BOOKING:** Your Retreat place is secured by return of this completed Application Form and, either the full payment of \$1750, payment of the first instalment of \$370. All 5 instalments must be paid by Sept 25, 2018.
- **CANCELLATIONS:** Should Goddess Of Public Speaking cancel the Retreat, you will receive a full refund of any money you have paid to Goddess Of Public Speaking. Should You need to cancel your retreat place before August 31, your payment will be refunded minus 10%. Should You cancel between 1-24 Sept, 50% of your payment will be refunded only. Cancellations after 25 Sept cannot be refunded.

### Deposits & Payments (check availability first with Geraldine)

- To secure your place, please pay in full (\$1750) or your first instalment (\$370) & return the Application Form.
- **Credit Card:** <https://goddessofpublicspeaking.com.au/shop/public-speaking-goddess-retreat-2018/>
- **Electronic Funds Transfer:** please use your first name + last name initial as payment reference:  
ANZ Account Name: Goddess Of Public Speaking  
BSB: 012-742  
Account No: 183339102

Please indicate (x) which of the following skills you most wish to build.

- Want to find my authentic voice
- Want to improve deep listening skills
- Want to think on my feet at short notice
- Want to let go of memorising and over-preparing
- Want to manage and transform speaking nerves
- Want to be authentic rather than “polished and slick”
- Want to increase my emotional and social intelligence
- Want to feel connected to my listeners and maintain their attention
- Want to be able to gracefully introduce myself and what I do in a nutshell
- Want to effectively promote what I do from the heart, without the “hard sell”
- Want to know how to structure an inspiring presentation that flows with natural ease
- Want to know how to manage an audience and expand my income through presenting

After 4 days at the Retreat, what are you expecting to walk away with? In priority order:

- 1. Xxx
- 2. Xxx
- 3. Xxx

What previous kinds of public speaking training and practical experience have you had?

xxx

What’s your number 1 public speaking-related challenge? Please be specific and explain:

xxx

As a speaker, would you describe yourself currently as:

- Nervous, avoiding public speaking at all costs
- Reasonable, but would like to enjoy it more
- Confident, but keen to improve certain areas, such as...

Describe upcoming speaking situations in the next 12 months, your role & what you seek:

xxx

How did you hear about this Retreat and what specifically attracted you?

xxx

Signature:

Date: