



# Corporate Workshops for Presentation & Performance

*Do you have anxiety when you need to speak in front of a group? Are you unsure of how to successfully engage others with your ideas in the workplace? Do you feel that you have to be someone you're not in order to fit into a corporate mold? Do you wish to know how to speak confidently and enjoy your corporate performance - as opposed to dreading it?*

Acting and Performance Coach Claire Pasvolsky has the answers you are seeking; Claire's Corporate Workshops for Presentation and Performance are skills-based courses designed to help overcome these common apprehensions in order to engage, reawaken and discover your dynamic, assertive self.

Tailored to both the Public and Private sectors of work, the workshops have proven to radically transform one's speaking, interaction and communication at work by developing the skills of influential performance. The impact is the power to access the authenticity and conviction you never knew was within you.

In this fun, lively, and practical workshop, participants learn to tactfully employ the skills of Acting - specifically Voice, Movement, Improvisation, Story-telling, Breathing and Dynamic Presentation. This ability boosts participants' confidence, and improves their delivery within their professional careers. Participants are given invaluable tools to become highly confident team players, leaders, speakers, teachers, lecturers and presenters.

**1-Day Workshop, 2-Day Workshop and 3-Day Workshop packages are available.** Max. 16 Participants per session.

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For bookings, enquiries or quotes, contact CLAIRE:



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**About CLAIRE** Claire Pasvolsky is an award-winning professional Acting Teacher, Performance Coach, Writer and Director, who has successfully studied, travelled, and worked throughout Australia and abroad.

She is a graduate of The Royal Conservatoire of Scotland, which was recently ranked in the top three Drama Schools in the World. Claire has been a performer, writer, director, coach and teacher for over fifteen years. She is passionate about inspiring a love of performance in her clients, and it is her intention to bring out the best in them.

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## Previous Participants have said:

*"To the outside world and my colleagues, I looked like I had it all. As a successful and accomplished academic, the greatest stress in my life was public speaking, which I am required to do frequently. It didn't matter if there were twenty people or two hundred people in front of me - my breathing would become short and my chest would pound. I experienced light-headedness and felt certain I was putting my audience to sleep with my monotone delivery, even though what I was saying was actually groundbreaking. After working with Claire Pasvolsky in the Presentation and Performance Course, I learnt how to breathe properly, to use my voice effectively, and how to engage my body in my presentation. I honestly didn't know it would be possible to solve these problems and I actually feel comfortable being myself in front of others. The more I relax, the more I engage with and connect with my audience. They're not falling asleep anymore!"*

**- Jillian, PhD., University Academic**

*"Whenever I had to speak to my team or a group, I would become so self conscious that I couldn't look anyone in the eye. I felt myself turning red and I would even stutter. After completing this workshop, I now have the tools to relax, focus, ground myself and think of my audience as people who are actually receptive to what I have to say, rather than critical. I now know how to enter a room with confidence, to use body language that connects me to my audience rather than folding my arms, and to use storytelling as a mechanism for getting information across. I am totally myself now, and it is with utter disbelief that I actually can say that I enjoy corporate performance."*

**- Cameron, PhD., Engineer**