

Key learnings with Dr Louise Mahler

The voice of leadership is low, slow and loud. The voice of authenticity is your unblocked self
There are seven blockages to authenticity:

1. Diaphragm
2. Throat
3. Mouth
4. Gestures
5. Posture
6. Eyes
7. Movement

Tips

Breathe out sharply (kapalabhati)

- Breath low
- Stomach in

Smile

Mouth is two fingers wide

Gesture to the time line, to the learning preferences and congruently for all major conversational engagements.

Rest Position is upright and balanced with asymmetric hands

- Nod and blink

Eyes Front

- Blink every 4 seconds
- Eye escapes – ask permission or look at ‘a thing’

Move – anchor concepts

Visit www.louisemahler.com.au for coming events
Sydney and Melbourne workshops

Dr Louise Mahler is in a league of her own. An expert in the psychology of face-to-face engagement, her research is award-winning and, her informed, hands-on approach, lends itself to transformational change.

For more information visit
www.louisemahler.com.au
or email Louise@louisemahler.com.au

Recommended Books

‘If you do a lot of public speaking and only have time to read one book this year, make it Dr Louise Mahler’s. I have learnt more in a couple of hours with Louise than in several previous courses on public speaking combined.’

Christine Nolan CEO,
Breast Cancer Network Australia



Purchase *Resonate*
online now