

Listen Speak Inspire



A Confidence Boost

Would you like to make an announcement at your WI or thank a speaker without your legs shaking or your face flushing? Would you like to feel more confident in standing up in front of your WI? If the answer is YES then this workshop is for YOU

We will help you learn:

- Relaxation skills
- Breathing techniques and voice skills
- How to introduce and thank speakers
- How to make an announcement



We guarantee you will go away with renewed confidence and less fear of speaking in front of others.

Open to all members – but places are limited, so sign up today choosing one of the following dates at a Federation near you:

Warwickshire	9 March 2019
Durham County	27 April 2019
Berkshire	22 June 2019
Clwyd-Flint	19 July 2019

Workshops begin at 10am and finish at approximately 3:30pm. Cost is just £20.00 per person to include refreshments and lunch

Application forms can be obtained from the NFWI Unit, your Federation Secretary or downloaded from My WI. Please make cheques payable to the NFWI and send completed application form to Elaine Smith at the NFWI Unit Denman