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# CORPORATE KEYNOTE & PROGRAMS

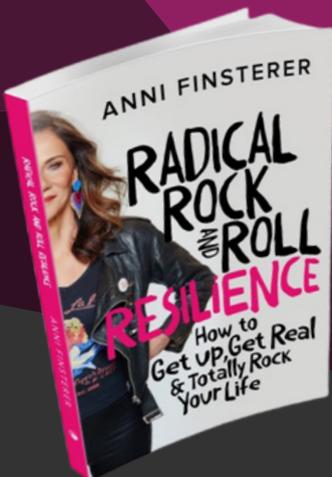
BUILDING PERSONAL RESILIENCE (keynote)

RESILIENCE FOR HIGH PERFORMANCE

HIGH PERFORMANCE THRU ORG CHANGE

PRESENTING POWERFULLY

KEYING INTO COMMUNICATION



Hi. I'm Anni Finsterer

I'm a Resilience Consultant, Author, Speaker, Facilitator, Actor, and Teacher, and I believe we all have a unique and brilliant resilience that requires tools to unearth during challenging times



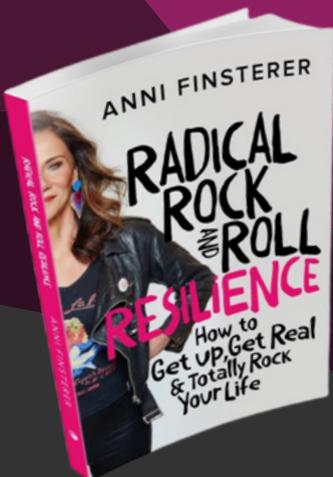
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THE KEYNOTE

# BUILDING PERSONAL RESILIENCE

FROM DISCONNECT TO  
DYNAMITE

I'm passionate about helping the quietly disconnected to find their dynamite; to discover their own unique process for growth, to find hope in life's darkest moments and to step into their power.



Transformational thinking,  
Beliefs that hinder growth.  
Communicate with intention.

For more information

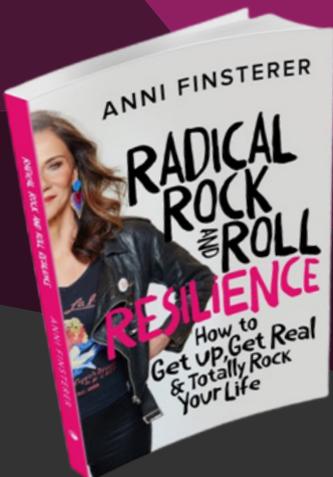
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# RESILIENCE, COMMUNICATION AND HIGH PERFORMANCE

FROM DISCONNECT TO  
DYNAMITE

This program will change the way your team engage with life and work. It aims to support and empower people to powerfully influence the invisible playing field I call “the workplace within.”



CONSCIOUS  
COURAGE  
CLARITY  
COMMUNICATION  
COLLABORATION & LEADERSHIP  
CONNECTION & CONTINUATION

For more information

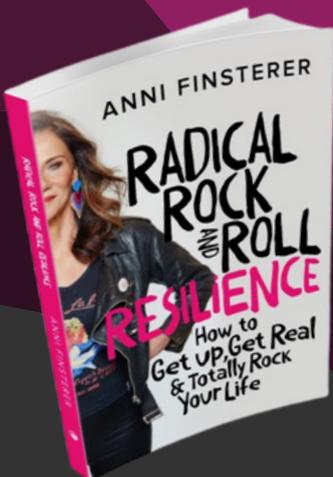
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# HIGH PERFORMANCE THROUGH ORGANISATIONAL CHANGE

Change is and always has been an inevitable part of life. But for some, change and adversity are difficult paths to **traverse**, especially in our work settings where the challenges may abruptly alter the course of one's career and lifestyle.



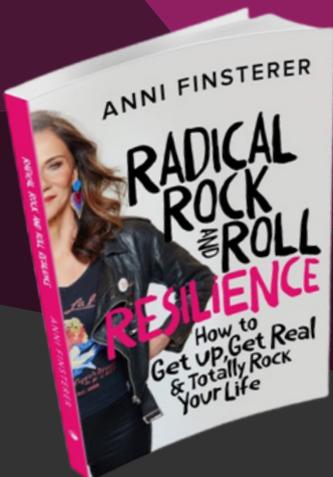
Understand the change curve  
Minimise unconstructive attitudes  
Learn to give effective feedback



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# PRESENTING POWERFULLY

Investigate goals and obstacles  
Explore the stress response and own the space.  
Understand physical, verbal, and vocal communication.



Anni Finsterer

Resilience Consultant, Actor, Author,  
Speaker, Facilitator, and Teacher.

For more information

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# KEYING INTO COMMUNICATION

The purpose of this Communication training is to increase your awareness and understanding, your capability and confidence when engaging with people in your business and in your life.

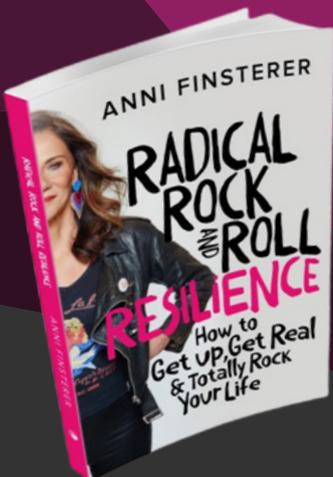
Our focus is on giving you significant support in finding your best and most effective self so that you can live a great life and go out in the world and make a difference.

## COMMUNICATION

Conflict Resolution Styles

The Partner model

Relationship Communication



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I am a Resilience Consultant, Actor, Author, Speaker, Facilitator, and Teacher, and believe conscious communication is a learnable skill. It's all about awareness and practice.

# THE RESILIENCE ROAD MAP

## OVERVIEW OF WORKSHOPS FOR LEADERS & TEAMS

### CHANGE RESILIENCE PRESENTING COMMUNICATION

The Resilience Road Map Programs ½, 1 or 2 Day Workshops' for teams and their Leaders will encompass the internal processes and the external interactions affecting both our personal and professional lives. Interactive, informative and experiential, these workshops are designed to guide you so as to reach your full potential and impact business goals.

We use actors and case studies to reflect the wins, issues, and concerns of the business.

You are guaranteed to:

- A) Take away a toolbox of strategies you can apply in the workplace to deal with both intra and interpersonal behaviour.
- B) Integrate new communication tools and strategies into your business to strengthen resilience, improve communication, and accelerate progress
- C) Have fun.

The ROI:

- ★ Approach clients with greater confidence.
- ★ Better manage sales setbacks.
- ★ Communicate as a leader.
- ★ Collaborate in a team.
- ★ Heighten purpose and intention.
- ★ Grow the leaders of the future.

### My Approach to Building Resilience:

Different resilience pieces make up the "Resilience Wheel", a six part structure to help individuals and teams step into their power to strengthen relationships and deepen engagement to boost business goals. The Resilience Road Map is designed for massive impact, to give you the tools to authentically thrive, regardless of life's circumstances

- Bachelor of Performing Arts.
- Graduate Diploma of Education.
- Recipient: Golden Key. Outstanding academic achievement
- Awarded Best Supporting Actress (Australian Film Institute).
- Certificate 4 Training & Assessment.
- Certificate 4 Training & Assessment.
- Mental Health First Aid Facilitator.
- NLP Practitioner. Neuro Semantic Practitioner.
- Level 1 Meta Coaching Certification.
- Finalist Rodney Seabourne Award and published playwright of Girl Wild.

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