



It's Showtime: Encore
Presented by Sarah Morelli
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Saturday, May 30, 2008 8:30 AM–10:30 AM

Description: Overall, Expect Audience Participation

- Spinning instructors tend to be passionate people. We LOVE to ride the bike, we LOVE music, we LOVE coming to WSSC! This session not only provides a glancing example of passionate people in this modern world but also provides a fun and interactive environment to channel our own passion and release it to our classes every week. Taking ideas from the stage and screen, you will take home a few ideas on how to open yourself up and show the world that you have arrived! Great for budding wannabe presenters who are a little nervous.
- We take a look into the sports and entertainment world, taking inspiration from strong, dynamic and inspirational individuals. These are our impact heroes and we take a look at various impact heroes to draw inspiration from. Example: It is quoted on Ali's official website "*Ali has inspired millions worldwide. He gave people hope and proved that anyone could overcome insurmountable odds. He gave people courage. He made fighters of us all. This is Ali and never comes another.*"

Group Work: we will use a combination of these following skills within the workshop.

- **The Seven States of Tension** (from BOP, Behavioural, Observational Performance Training): Using inspiration from theatre training we will experience and practice these seven states of tension.
 1. Exhaustion
 2. Californian
 3. Neutral
 4. Presenter
 5. Optimistic
 6. Pessimistic
 7. Rigor mortis
- **Color-coding** your members and yourself. Using inspiration from Synergy Training™, we take a look at how to recognize personality traits in individuals that helps switch on the correct state and perform at our best.
 - Fiery red
 - Sunshine yellow
 - Earth green
 - Cool blue
- **K.A.V.:** Kinesthetic—Audio—Visual. We take a humorous look at this learning input and do a little group work to experience how we communicate with our audience.
- **Your voice is an instrument. You can learn to use it well.** In this section of the session we have a little more fun finding your own voice and learning a little voice projection—no shouting aloud!
- This session is completed with a short ride to practically demonstrate the implementation of the skills learned within the workshop.

**Please remember to submit a session evaluation.
Your feedback is important to us!**