



## It's time to SPEAK UP and believe in your potential

And we can help you. Participants in our coaching and training programs learn:

- Techniques to help you stand fearlessly in front of any audience
- How to manage the inner judge, critic and censor
- Skills and tools to anchor you in the moment and think on your feet
- Techniques to pull you out of performance anxiety
- How to command the space and be an impressive presence
- How to embody authenticity, charisma, humour and personal magnetism

Richard Lawton's clients are executives, lawyers and leaders who need to demonstrate a powerful presence and confidence in all manner of communication. His unique approach enables his clients to deliver a clear, authentic message. As master voice coach and consultant, Richard has worked with managers and teams, executive level managers, C.E.O.'s and board directors. As a theatre director and performing arts lecturer, Richard has worked with the Sydney Theatre Company, N.I.D.A., Sydney and Monash Universities.

Richard has worked with thousands of individuals internationally, over his 30-year career. The core of his work has always maintained a focus on assisting people to achieve their potential. He is a specialist in body language and voice work, which has assisted him in devising the "stand and deliver" method, a way of fast tracking clients in uncovering and re-arranging belief systems

Mary has senior level international consulting experience, designing and delivering executive level coaching and training programs. Her approach is dynamic, inclusive and pragmatic, and is informed by both commercial and personal experiences and anchored firmly in evidence-based research into positive psychology, conflict resolution, leadership, human behavior and organisational culture change.

Together, Richard and Mary have developed the AS SHE SPEAKS program for up and coming women leaders and the PODIUM series of workshops for both men and women stepping up in their careers. They have worked with many of Australia's top companies including: Telstra, NAB, JB Were, ANZ, Westpac, KPMG, Price Waterhouse Coopers, Deloitte, Origin Energy, K&L Gates, Baker & McKenzie, Freehills Patent Attorneys, Maddocks, Invesco, Amgen Australia, Austin Health, Bristol-Myers Squibb, Carrington Health, Honeywell, Phillips Australia, Melbourne University, Melbourne Business School, City of Melbourne, Melbourne Symphony Orchestra, Museums Victoria, DEECD, DHHS, DIBP, ATO, NBN, Australia Post and others



[www.ignitecoaching.com.au](http://www.ignitecoaching.com.au) or Richard on 0401 555 498  
call NOW to learn more about our programs

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