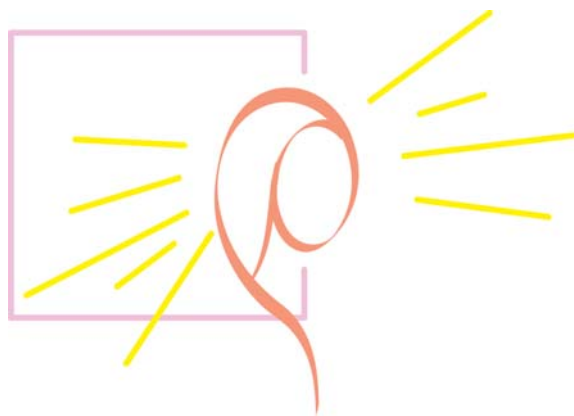


Alchemy for Executives transforms presentation and communication for the 21st Century

We offer:

- ♦ Consulting for executives and senior management
- ♦ Presence and the "X" factor in presentation
- ♦ Self-development seminars for women executives and managers
- ♦ Short courses for management
- ♦ Planning and coaching for special presentations
- ♦ Personal performance coaching to help you achieve your goals and ambitions



About:

Dr Meribeth (Bunch) Dayme, director of The Alchemy Programme, is a well-known authority on communication and the human voice, a performance coach, workshop leader, speaker, and author. A former university professor of singing and anatomy, her books, *Creating Confidence* and *The Performer's Voice* embody her mission to help those who appear in public feel free to be themselves and achieve maximum impact. In 2001 she was awarded the Van Lawrence Fellowship for contributions to the field of voice by the Voice Foundation and in 2000, the Human Communication International Award for contributions to communication skills.

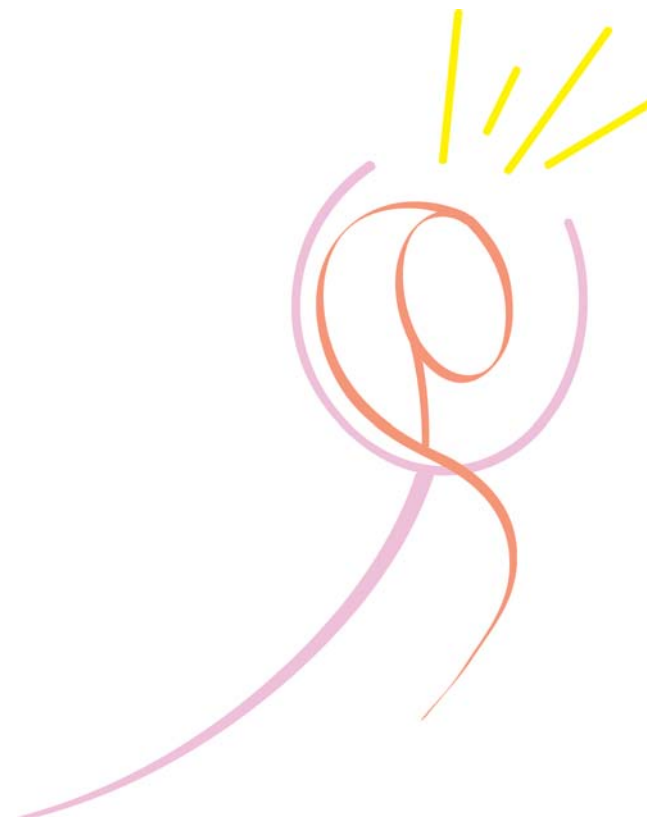
Meribeth is the author of five books and has appeared on numerous radio and television programs including BBC and Sky TV. She has taught and lectured throughout the United States and the United Kingdom. She produced the inspirational audio CD, *Succeed*.

Meribeth is a "Renaissance woman", a creative thinker, and problem solver with a mission to show people how to achieve balance in themselves, and in their performance.

FC Cake Ltd...

...runs the Alchemy Programmes. It is a company devoted to transforming the way executives perform in public. The courses give women and men the courage and tools to honour their innate gifts.

The Alchemy Programme For Executives



Transform your self
Transform your voice
Transform your performance

Did you know that executives who fear presentations...

- ♦ have trouble taking the risk to be themselves in public, at meetings and interviews?
- ♦ have lost jobs because of poor presentation skills?
- ♦ have never heard their presentation aloud until they deliver it in public?
- ♦ have never seen themselves give a presentation and have no real idea how they look and sound?
- ♦ do not know the one thing they want the audience to take away when they are planning their presentations?
- ♦ have never paused to think of how they want to sound, and what impression they want to create?
- ♦ lack physical and vocal presence and do not know how to gain it?
- ♦ Are afraid to make a mistake or to answer questions in public?



The Alchemy Programme for Executives

...helps solve these problems by offering unique personal consultation and workshops designed to provide individuals with tools for discovering new confidence and enjoying being in public. Our experiential methods feature a balance between knowledge of the voice and body, performance skills, self-development, and the intuitive. These immensely practical sessions are designed to make fear of giving a presentation a thing of the past. We travel anywhere to work with executives.

Our Coaching...

... is done in a creative, fun, contemplative, and personal manner, and is focused on self-development for skilled business performance.

Included in Our Work:

- ♦ working from your goals and values
- ♦ posture and physical presence
- ♦ efficient breathing and healthy vocal technique
- ♦ practical work with CCTV feedback
- ♦ dealing with criticism
- ♦ expressiveness, communication, and presentation
- ♦ using advanced techniques for learning to centre and focus.

Testimonials



"Meribeth has carried out training on both an individual and group basis for Skandia, and without exception everyone has agreed it was the most beneficial training they have experienced to help them improve as a presenter."

John Litchfield, Skandia UK

"I am very grateful to you for helping me to overcome my fears and start to actually enjoy presenting. Thank you for caring about the 'whole' me too, as I now understand that all aspects of the person contribute to well being and self-confidence".

Sandra Postles, HR Director,
National Savings and Insurance UK

"Meribeth knows what whole person coaching really means-mind, body and beliefs. Leadership coaches typically lack the ability to work with the body and so miss opportunities to build confidence and personal power..."

Andy Binns, Head of Leadership Development
BT Group

Client portfolio includes:

DuPont
EMI
Skandia
Hewlett-Packard
Marks and Spencer
Institute of Management
Kier Group,
Prudential
NHS Trusts

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