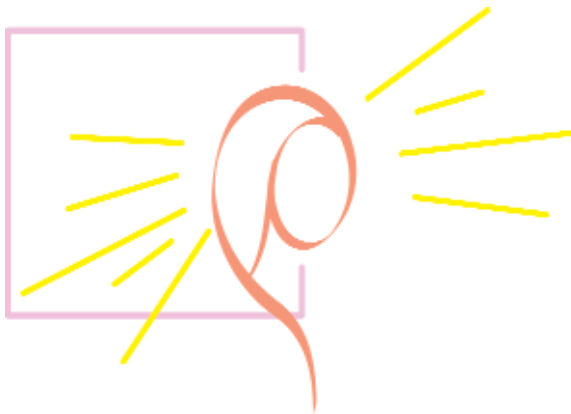


The Alchemy Programme offers you a way to break out of the box with...

- ♦ Self-development seminars that help you to be the person you want to be
- ♦ Personal performance coaching and courses for companies
- ♦ Trainer training for those wanting to become a performance coach or in-house trainers for companies
- ♦ Development of the 90% of presentation skills that are often neglected
- ♦ Improvement of your voice and image



About:

Dr Meribeth Dayme...

director of The Alchemy Programmes is a well-known authority on 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* follow her mission to educate, inform, and help others see for themselves. Meribeth is a "Renaissance woman," creative thinker, and problem solver, with a passion for showing people how to achieve balance in their lives and in their communication. She lives in France with her dog Sky and enjoys the beauty of the Alps, tennis, French food, friends, and walking.

free chocolate cake
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creates the Alchemy Programmes. It is a company devoted to transforming the way people feel about themselves and giving them the courage and tools to honour their innate gifts and calling.

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The Alchemy Programme For Business



Transform your self
Transform your voice
Transform your performance

Do you need to change to become more successful?

- ♦ Are you contemplating a life change and don't know where to start?
- ♦ Do you shrink when you meet important people, or when giving a presentation, or when confronted with criticism?
- ♦ Is your inner voice keeping you "stuck" and preventing you from moving forward?
- ♦ Is your speaking voice keeping you from getting across your message, or a new job?
- ♦ Have you thought of becoming a personal development coach but lack the tools?



The Alchemy Programme for Business...

... answers these questions by offering unique workshops designed to provide individuals with the tools to discover their confidence and develop personal power, as well as enabling them to teach others to do the same. Our experiential teaching methods feature a balance between the intellect and the intuitive. The courses are designed to make learning an exciting and lasting experience of self-discovery; they are immensely practical and can be applied to everyday living and working.

Our Workshops...

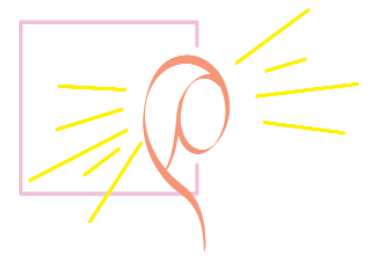
... are taught in a creative, fun, contemplative, and artistic manner, and are focused on personal transformation, using:

- ♦ elements of physical presence voice
- ♦ dealing with inner and outer critics
- ♦ effective communication and presentation skills
- ♦ learning to centre and focus
- ♦ visualising what you want

Participants have included:

- ♦ individuals and groups from the corporate sector
- ♦ women entrepreneurs
- ♦ housewives and retirees

Feedback



“Stress-free learning - fantastic concept”

CT, age 35, in career transition

“I'm taking away space for myself and a sense of relaxation, a desire to clear out my life's 'dead wood' and the need to review my future.”

PE, age 60, recently found the impetus to change her work-life balance

“I feel calmer and inspired. My inner critic is silenced. And, it was lovely to be amongst such fabulous women.”

JB, age 40, now determined to make more time for herself without guilt

“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”.

SP, HR Director, National Savings UK

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