

Pressure Cooker Confidence Class - *"A Leg UP"*



www.engagementunlimited.ca

Pressure Cooker Confidence Class

"A Leg UP"

One of my greatest joys in life is making a difference in people's lives. So that they live better, more meaningful, more potent lives. Rarely do I get this chance to make a difference as clearly, as powerfully, as when I'm working with a group on 'A Leg UP/ the Me YOU Want to Be.'

A Leg UP develops presentation, confidence, and stress management skills. It helps you become a bigger, better, more powerful version of yourself. It teaches you how to 'rise to the occasion' even when that feels like an impossibility.

We focus on creating internal power by a combination of engaging and interactive sessions that focus on each participant working on these skills each class. Participants will be up on their feet working on controlling their brain and body before, during, and after walking into stressful situations.

This program changes people's lives by disrupting the way you think about confidence, stress, internal power and who you want to be. And exploring new, powerful, rules for life, helps direct participants into behaviors that guide them more easily, more directly, to 'the me they want to be'.

I teach this program so that the participants can't wait for the next class. It's engaging, fun, mind blowing and life-changing.

This work is immensely important for getting A Leg UP:

- For **Young Adults** entering the workforce and adult lives. It gives them a Leg UP on some of the most important elements of real success: creating their own internal power, communicating well with others, creating positive energy and a healthier relationship with stress, adapting to change...
- It's essential for **Managers and Leaders** to manage their internal worlds and create internal power that makes their jobs easier, more enjoyable, and far less stressful.
- For the **Executive Suite** who are constantly being asked to rise to the occasion in a variety of different ways.

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3 classes that are 2 hours each.
Plus each student has 1 hour one on one with Roger to create an individual plan of action, consolidate learning and celebrate success.

Most sessions will be built around filming student activities, analyzing their behavior, adjusting choices and redoing the activity to lock in learning. I teach using stories that grow out of the work the students are doing. I keep it lively, interesting and valuable. Much of the class will be spent performing and discussing how to perform better the next time.

I add in lots of fun activities and breaks to compensate for the intense focus that is required. It will be fun but also full of personal epiphanies and life lessons.

First Day

Intro:

- Who I am,
- what I do and
- what we intend to accomplish together:
- **build confidence and internal power** - especially in stressful moments where we typically feel powerless. Excelling at personal, social, and leadership skills

Hear from students:

- What do you want to learn? This will help determine what we explore and when :)

Overview of Content:

- The way you talk to yourself matters
- Change the way you think, see, act
- The more FUN you have, the more fun THEY have
- Perception vs reality
- Roger's Rules

Overview of their participation:

- The power of engagement (active participation)
- Bravery and Courage

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First Activity:

Film first 30 seconds of each student introducing themselves. Watch and debrief on what we see. Use these activities as the focus of discussion and learning.

Activities: Film them and debrief:

1. Introducing themselves
2. First 30 seconds of a presentation
3. First 5 minutes of a presentation
4. Job Interviews
5. Social interactions, like meeting new people, interacting in groups, networking, going on a date etc.
6. Working with teams

Content for Sessions 2-3

- Get Comfortable Being Uncomfortable
- Fight to be Positive
- The Way you Think About Stress Determines its Impact on you
- We are ALL Actors
- Virtual vs live interactions
- Social Skills (socializing/networking, building friendships, working on teams...)
- Interview skills
- Eyelines
- Body language
- Mindfulness
- Success stories

MEET ROGER

Hi! I'm Roger Haskett. I am an award-winning keynote speaker, author of 'the ME you WANT TO BE,' President of Engagement Unlimited & an actor in over 150 TV shows, films and commercials. Oh, and can't forget: Dad of 3 and spouse of 1 :)

I believe in **active participation, interactive engagement** and **increasing the power of the people in the room (or online)**. I make my sessions **lively, entertaining, and full of applicable content that energizes and empowers** the people in the session. I also demonstrate how to change the engagement level of the participants so that engagement resonates throughout their lives.

What this means for you are classes/workshops/consulting that can **change the trajectory of your future**. "Engagement: the gift that keeps on giving."

I have created an innovative session format that ties stories, theory, and application together in an active **team-based game** that primes every participant to **learn deeper and stronger, connect deeper and stronger and create more engagement in the room**.

Don't take it from me, though. Click on samples of my talks, video reactions of participants and/or client testimonials. =====>

KEYNOTE SPEAKER
ENGAGEMENT EXPERT



[LINK TO ROGER'S
VIDEOS HERE](#)

[LINK TO
TESTIMONIALS HERE](#)

Click the image below for a Short Intro Video to A Leg UP!



"I'm seeing positive changes in my team. Your work is changing lives. Thank you!"

"Already seeing the lessons pay off!"

"I found that your lessons and notes really help, in fact they help so much the interviewers commented on my positive energy and personality! Thank you so much for teaching me! I'm excited to use more of your lessons in other places in my life!"

Some of our Clients



"ROGER KEPT ME ACTIVELY ENGAGED IN THE LEARNING"

"OVERALL SATISFACTION WITH THE LEARNING EXPERIENCE"



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