



**DISCOVER BRISBANE**

*find yourself*

**Speaking From The Heart**

November 29th-  
December 1st, 2019

*with*

**Dr Gary Wohlman**

[www.retreatsatresorts.com](http://www.retreatsatresorts.com)



 **The Park Hotel**  
BRISBANE



## **Speaking From The Heart**

~ Transforming Your Message with Your BODY & VOICE ~

### **The Park Hotel Brisbane**

**November 29th - December 1st, 2019**

**with Dr Gary Wohlman**

This special weekend retreat is for anyone who has a message to share - a story to tell, a poem to recite, a song to sing, a delicate communication to practice.

This is for people who wish to feel more confident in communicating clearly with others, as well as for those who are ready to be more fully expressive in any situation.

"When people leave this weekend retreat  
I want them to feel elated,  
with more energy than they've had in years,  
and a feeling of clear connection  
to their most inspired, passionate purpose –  
connected as never before to the masterful  
communicator from within that has been  
released from within. I want people to  
recognise anew their innate gifts for full self-  
expression and creativity".

"Bring your voice and message out into the world  
as you've dreamed possible"

*Dr Gary Wohlman*



# What Can I Expect From This Retreat?

This weekend retreat will enhance the engagement, effectiveness and impact of your live presentations on every stage of your life.

Through his unique methods, Gary will facilitate this unique workshop, which awakens refreshing new ways to RE-SET self-talk that is empowering, nurturing and healing – both with ourselves and in our interactions with others.

You don't have to see yourself as a speaker or presenter to get great value out of this special weekend.

Gary uses a combination of the latest findings in NLP (Neuro Linguistic Programming), Whole Brain Research, and improvisational theatre techniques. You will find that swift shifts will emerge that you'll find are easy to sustain and grow.

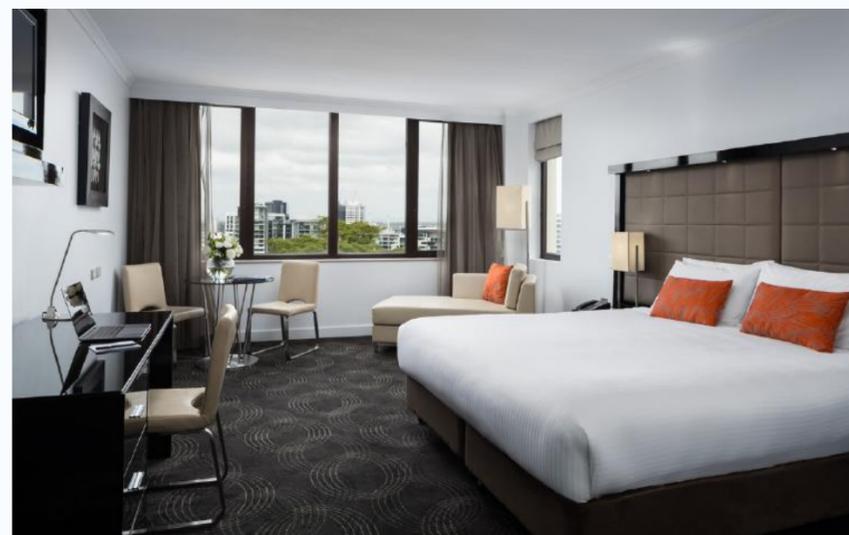




You won't be sitting and taking notes the whole weekend as this is a scenario based and practical adventure, which means that you will have an opportunity to stage a personal challenge you may be facing in delivering your messages with greater engagement, effectiveness and impact.

Some of the areas of focus for this event will include Gary's proprietary tools:

1. The 3 V's of communication: How to integrate the Verbal, Vocal & Visual components so your spoken message matches your physical delivery
2. The "Double Extreme" technique for Awakening Authenticity
3. The "Grid System" for walking your talk and creating conscious choreography of communication
4. Developing Self-Talk to empower presentations on all stages of your life
5. Awakening the Hero: Reclaiming qualities you've projected onto heroes, mentors and role models - to step up and embody leadership in your full self-expression.



# The Weekend

Friday - if you are staying with us then please arrive by 5pm to check in and join us for dinner in the restaurant where we will get to know each other. After dinner you will be introduced to the weekend and what to expect. If you are joining us, but not staying we will finish by around 9pm.

Saturday will begin at about 9.15am after breakfast. If you are joining us just for the day then arrive by then. We will conclude the day around 4.30pm and then dinner is at 6.30pm. We will break for morning and afternoon tea and lunch.

Today is all about getting to know each other and finding out what it is we exactly want to learn over the weekend.

Throughout the rest of the day Gary will begin to introduce you to the tools to making breakthrough presentations, and rituals you can use when preparing yourself for what you need to do. You will learn about:

- The 3 V's of communication: How to integrate the Verbal, Vocal & Visual components so your spoken message matches your physical delivery
- The "Double Extreme" technique for Awakening Authenticity

He will guide you in choosing a scenario to work through so as to step into your power and be that powerful communicator that you are here to be.

Dinner is at 6.30pm and the evening will conclude after that if you are joining us but not staying.

Sunday will begin at about 9.15am after breakfast. If you are joining us just for the day then please arrive by then, we will conclude the day around 4.30pm.

Today will build on the skills of yesterday and Gary will take you through the Hero Exercise - how to embody the attributes of our heroes, mentors and role models.

Then we move onto:

- The "Grid System" for walking your talk and creating a conscious choreography of communication.
- Developing Self-Talk to empower presentations on all stages of your life.
- Awakening the Hero: Reclaiming qualities you've projected onto heroes, mentors and role models - to step up and embody Leadership in your full self-expression

Our day will conclude with a closing circle and you will be free to head home by about 4.30pm.

# Who Is The Gary Wohlman

It is a pleasure to have Dr Gary Wohlman join Retreats at Resorts as one of our skilled facilitators.

Gary has specialised in this area for nearly 40 years integrating his passion for the visual, healing and performing arts. Gary has been providing individual healing treatments and group training's with his unique method of transformational body therapy that he has created and developed.

He assists people to voice their message with their whole body, be heard by diverse audiences, and take a stand for their lives, 'getting into the zone' is part of preparing for sports competitions as for any stage presentation. In harnessing the power of being in the zone as an athlete, it became anchored in Gary's mind that he needed to create tools and resources to coach individuals to connect inner purpose to outer presentation – simply, swiftly and sustainingly. For Gary, there is always an overarching sense of achievement working with people to unlock the stored physical, emotional and creative energy – and release the related anxiety, tensions and self-talk holding them back. What a tremendous thrill to witness people expressing themselves fully as never before, propelled to move forward with passionate purpose in their preferred life direction.

“It's an honour for me to assist you in enhancing the impact and effectiveness of your live presentations in both your personal and professional lives, and in bringing your voice and message out into the world as you've always dreamed possible”.



# RETREATS AT RESORTS

Liesel Albrecht - The Retreat Specialist has 26 years of experience in the retreat industry and brings together a range of Resorts with a wide range of retreats.

All facilitators are all experts in their field and bring together a unique program of expertly crafted programs in a wonderful range of worldwide resort settings, providing those on holiday with a wide choice of well being experiences, tailored to their needs.

The Retreat Specialists™ work in close collaboration with the resorts and hotels so that, together, we can provide guests with an unforgettable experience.

Find out more at [www.retreatsatresorts.com](http://www.retreatsatresorts.com)

## THE PARK HOTEL

The Park Hotel Brisbane, a 4-star boutique hotel located in Spring Hill, right beside the Brisbane CBD. Roma Street Parkland is just across the road which makes it a perfect backdrop for a break during workshops or to have retreat workshops in. With all the restaurants, shops and entertainment of the CBD located just a 10-minute walk away, the Park Hotel Brisbane is the perfect choice for tourists, business travelers, and couples seeking a relaxing weekend away in Brisbane. At the Park Hotel Brisbane, guests can unwind in the beautiful outdoor pool, enjoy a drink at the exclusive bar and lounge, or dine in ultimate comfort by taking advantage of the specially curated room service menu. They also offer express check-out, as well as a 24-hour front desk. With meeting rooms and a conference centre also located on site, the Park Hotel Brisbane can cater to all of your retreat needs.





# SOME OTHER QUESTIONS TO WEIGH UP THE PROS AND CONS

1. How will I get from the airport to the hotel

If you are flying in we can help you organise a transfer, or there is parking on site.

2. I won't know anyone so I am a bit nervous

The beauty of retreats are that you don't have to share a room and the group will bond really quickly - we guarantee it - you will have 9 or more new friends within the first hour!

3. The program looks pretty full will there be any free time?

We will make sure of it.

4. Can I stay longer?

Yes of course when you are booking let us know and they will book you accordingly and if you want to travel that can be arranged as well - why not stay a few days at the end of the retreat.

5. I have a food allergy or intolerance will that be ok?

We are very used to catering to what you need let us know and we will make sure that it is.

# WHAT'S INCLUDED

## Your Retreat Investment

### Stay and Play Per Person

Single Share	Twin Share
\$1196	\$1115

### Just Come and Play

To attend the workshop and not stay  
\$950

\*terms and conditions apply

**Find out more information by emailing  
[admin@retreatsforresorts.com](mailto:admin@retreatsforresorts.com)**

**BOOK AT  
[www.retreatsatresorts.com](http://www.retreatsatresorts.com)**

### What's Included in an Investment in You:

- Two night accommodation in a superior queen room (single or double/twin share is available)
- All of the described program with Dr Gary Wohlman that's over an evening and two full days
- A Daily Buffet Breakfast at The Park Restaurant
- A Welcome Gift just for you from Retreats at Resorts
- Each evening you will indulge course in a 2 course dinner chosen with our retreat in mind
- During both days you will enjoy two lunches of sandwiches, wraps, salads and some hot options - (all dietary requests are catered for) Morning and Afternoon Tea on both Saturday and Sunday - we will make sure that even if you have intolerance's you will get something scrumptious as well

### What's Not:

Drinks unless indicated      Parking  
Travel to and from The Park      Personal Shopping

*I like where this is going.*

# CONTACT RETREATS AT RESORTS

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