

Shiona Long: Speaker Topics and Audience Information

I have a number of signature talks and workshops that can be adapted for your organization or situation.

The people I work with include

- People with high responsibility careers.
- Community Leaders and Change Agents
- Service providers with stretched resources e.g. Teachers, Health Professionals and the Not For Profit sector
- Men and women juggling work and family commitments
- Speakers and performers



My approach is most suited to environments where people

- Want to make a difference in their chosen profession
- Feel overloaded – unable to meet the need of their organization.
- Are open to change and doing things in a new way.
- Are unsure how to keep all the balls in the air.
- Want to express a heart felt message or service.

1. Returning Your Heart to Your Career

OR For the Education Sector – **Returning Your Heart to the Classroom**

You start your career with the intention making a difference. Enthusiasm, ideals and passion are high. It doesn't take long for reality to set in. The need is too great, the workload too high, the resources too few.

How do you maintain your spark and passion?

How do you meet the needs of all stakeholders without becoming disillusioned and overwhelmed?

How can you be clear on your purpose and unite people towards a common vision?

This keynote speech addresses these questions. I provide valuable insights and resources to help you and your organization, reconnect with your purpose and passion once more.

2. Speaking with Heart – The Power and Vulnerability of Your Message

OR For the Performing Artists: **Performing with Heart – The Power and Vulnerability of Your Unique Style.**

This signature talk has been created with speakers, performers and change agents in mind.

We connect most with an audience when we are ourselves. Showing our vulnerability, expressing our truth and communicating from our heart.

Why do we struggle so much with this? How do we protect ourselves from feeling hurt and rejected? How can we move past these fears so authentic expression and communication are possible?

This keynote presentation explores these questions and provides valuable strategies to manage these challenges.

The accompanying workshop allows participants to experience firsthand how this impacts their performance/presentation. Through guided experiences, participants will learn how to manage this challenge and begin to express confidently from their heart.

3. Into the Castle

This is something completely different and is best suited for inclusion at retreats and personal development workshops.

Into the Castle is a guided visualization process that I have developed to help people to tap into their intuition.

It is used in many situations including

- Helping people to explore individual challenges
- Discovering your purpose
- Learning a form of deep meditation
- Helping people to connect more deeply to themselves and their spirituality.

An important part of this process is recording the insights that are received. This is done through writing, drawing, performance and sharing with others.

Additional Programs

As a True Purpose™ Certified Coach, through the True Purpose™ Institute (USA) founded by Tim Kelley, I am licensed to speak about this process and conduct Group Coaching Programs. You are welcome to contact me about this for further information.

Keynote speeches and workshops can be adapted for your individual needs. Please contact me for more details.

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