

COURSE REPORT – ADELAIDE JULY 2010

by Ray Welchman (co-instructor)

Adelaide hosted Australia's second course for 2010, from Thursday 15th to Sunday 18th July at the Hotel Richmond. Twelve new students arrived from around the country for an introductory session on the Wednesday night. They were met with returning grads from all over Australia and NZ.

Thursday started with the introduction and philosophy of the Programme. This was soon followed by costal breathing. This was augmented by the new way of speaking using the McGuire technique. By lunchtime, students were saying their names using this new way of speaking.

After lunch, students were back in two lines drilling the technique with reading drills. The Sports Analogy, Stairway to Eloquence and of course the checklist was soon introduced. These were drilled. To finish a long day, some inspiration messages were delivered via two short videos on the '8 Irresistible Principles of Having Fun' and '212 Degrees'.

Friday started at 8:00am with breathing practice followed by drilling and reading aloud. The returning graduates then led the group through the checklist, followed by some Harrison-like workshops aimed at having fun with speaking.

Decision time came at lunch on Friday and all the new students signed up to the Programme. Friday afternoon was spent on Deliberate Disfluency and drilling the technique. The Grads enthusiastically hit the streets to demonstrate to the new students how to make contacts. After dinner, the new students reported back on their graduate's contact session (all making at least 100). Split sessions were then held while Geoff had a Q&A session with the new students.

Saturday morning session started proper at 8am with breathing practice, followed by reading drills. The Grads then led the checklist followed by Harrison Workshops. We normally have a question and answer session with founder Dave McGuire in the USA via video Skype on Saturday morning. However, the wireless broadband signal was weak so instead we gave the students an opportunity to talk to Dave via phone. They appreciated the opportunity to have a chat to Dave who passed on words of wisdom about the task ahead of them.

Mid-Saturday and it was time to give the new students the opportunity to use their new way of speaking for contacts. This was followed by speeches in Adelaide's Rundle Mall. All new students made great speeches; very emotional.

The Saturday evening session kicked off with grads reporting back on their students, and with the students relating their feelings having challenged their limiting beliefs. Split sessions were then held including a brilliant drama workshop with Jade and Jessica. After the course closed for the day over 30 course attendees attended a Karaoke venue and had fun letting go.

Sunday morning kicked off again at 7:30 am with a session for the Ladies with a "Women's Session" by Jussey. At 8 am the sound of costal breathing was again filling the auditorium. Interactive sessions were then held to including Winners, Rules and Directions, the Laws and Assertive Rights, Relapse Traps & Goal Setting.

Coaches were allocated, support groups promoted and the Recovery Workbook explained. It was then time to invite family and friends to join us for an overview of the course and what to expect when their loved one's return home. Students then gave their final speeches, and with some supportive words from the graduate it was all over for another well run course.

Special mention to Kari Sotamma for a very successful first course instruction. Thanks Kari – we all loved working with you!