

“Eating The Frog”

Imagine if you had no fear of any speaking engagement?

Empowerment? Success? Unlimited possibilities!

SA ICPA State Council members had the opportunity to discover how to do so.

Jodie Bouilly from ‘Invest Training’ presented the “Invest In You” workshop on the 8th and 9th November 2019 in Port Augusta.

Jodie is a bit of a local, being just over the range at Orroroo in South Australia. Life on the land is familiar to her. Her consulting provides workshops and private consultations aimed at women to inspire and coach individuals and businesses. This helps to identify their strengths and maximise their careers, business and community aspirations. A great opportunity for any rural woman.

The workshop opened with the phrase “Eating The Frog.” I didn’t give it much thought past the reference to the book title and recommendation. As Jodie followed on, explaining the foundation of public speaking and recognising the contagion effect of; Thinking -> Emotion -> Behaviour while speaking, I realised by our first assigned task that this whole “Eating The Frog” phrase was soon to become “If you have to eat two frogs, eat the ugliest first!”

A simple task of standing up in front of everyone answering some general, yet personal questions about yourself and what you set to achieve from the workshop. This quickly became the foundation of discovering our strengths and weaknesses and learning how to improve them.

We discovered the art of having an objective and achieve it through YASOR (You, Audience, Signpost, Objective & Result) techniques. After all that planning, we had some fun throwing that “frog” around finding the ease of impromptu speaking.

A total of four mini speeches were performed by each attendee and all gently critiqued by Jodie. Each person spoke with more confidence, breaking down those personal barriers and ‘shun’ under the Showman’s Technique.

The workshop was a great success. Everyone gained their own personal tool kit full of resources to assist them with their next AGM, or Federal Conference. The skills could even be put to use at an upcoming social event. Besides learning a few important life skills, we learnt a lot about each other, friendships grew and support was enormous.

We would like to thank ‘The Outback Communities Authority’ for their generous support of ICPA State Council.

Jodie told us to check out “Jessica’s Daily Affirmations” on YouTube. Ironic I know, we share the same name, but I’m off to practice with the same passion in front of the bathroom mirror. No YouTube video from me though but maybe one of my husband’s reaction if he catches me one day will be priceless!

Jess Barry

Back row; Mia Reynolds, Kate Greenfield, Ros Breeding and Jill Greenfield.
Front Row; Jodie Bouilly, Jess Barry, Joanna Gibson, Katrina Morris, Petie Rankin, Ada Rasheed and Penny Rasheed.

