

## Introduction

**Please introduce Amanda by acknowledging your team or delegates first!  
If you can:**

- Acknowledge the participants in some way – what they have done, how well they have done it, how hard they have worked in tough times etc.
- Say something about your group that indicates why you have invited Amanda to speak to them
- Say something about Amanda that indicates her credibility if you need to – she does not need you to do it!
- Have fun! If you have fun it will give them permission to loosen up and enjoy themselves as they learn – SO TRY TO MAKE IT FUNNY!

**An example:**

*“We know that you have all worked very hard this last year and there has been a lot of changes, meaning we have to do more with less in less time! We appreciate your efforts and we wanted to say thank you – so we have asked Amanda Gore to .....(examples) help change your perceptions, deal with change, renew your energy levels, restore your sense of humor, help you be better leaders, bust your stress, help you laugh – or all of the above! (OR SOMETHING THAT SUITS YOUR AUDIENCE) Please welcome Amanda Gore!”*

As for content, please feel free to talk about Amanda's education and experience as you see fit.

**If you need a bit more info about Amanda's background...you can say this!**

*Our guest speaker today was trained as a physiotherapist .....and is going to give everyone a massage.*

*She also studied psychology, and has expertise in group dynamics, neurolinguistics, emotional intelligence and occupational health. So if you have any mental problems you'd like to share, now is the time!*

*She's going to show you how to bring out the best in yourself and others, and have fun doing it. Ladies and gentlemen, please welcome Amanda Gore.*

**If you need help constructing the introduction, please contact Amanda on her phone, 0414 282218, or via e-mail at [Amanda@AmandaGore.com](mailto:Amanda@AmandaGore.com).**