

Free the Inner Voice

With
Nikki Slade

RESONATE YOUR WORD AS YOURSELF
A daily practice for individuals

£650

THE A LA CARTE PROGRAMME

PERSONAL RELATIONSHIPS/ CREATING HARMONY AND RELATEDENESS
LIBERATING FULL CREATIVE EXPRESSION
PUBLIC SPEAKING WITH FREEDOM, EASE AND MAXIMUM SELF EXPRESSION
RESOLVING CONFLICTS, PERSONAL OR PROFESSIONAL
BE EMPOWERED IN YOUR CHOICE

INCLUDES FOUR SESSIONS OVER TWO MONTHS

EACH SESSION PROVIDES AN OPPORTUNITY TO CREATE AN EMPOWERING INTENTION FOR THE WEEK AND TO ATTUNE YOURSELF TO FULFIL YOUR GOALS USING THE TOOLS :

VOICE
MANTRA
MOVEMENT
CONTEMPLATION
A JOURNAL



INTRODUCTORY SESSION

AN OPPORTUNITY TO EXPERIENCE AN INITIAL CONSULTATION BEFORE COMMITTING TO A FULL PROGRAMME. SHENSHAKTI SPECIAL £125 (NORMALLY £225). PLEASE NOTE THIS IS A ONE OFF SESSION DESIGNED AS AN INTRODUCTION TO EMPOWER YOUR CHOICE IN TAKING THE 'A LA CARTE' PROGRAMME

NIKKI HAS FACILITATED BUSINESS PEOPLE AND CEO'S, BEST MAN SPEECHES, WOMEN AND CONFIDENCE, THERAPISTS, TEENAGERS, ACTORS AND THEATRE DIRECTORS.



Nikki is an inspirational and uplifting facilitator. She is adept in reading the energy of a room instantly. She is highly intuitive and creates an atmosphere of non-judgemental listening approach where people feel free to express themselves in ways they couldn't possibly have imagined. Nikki has been described as a "chameleon", able to speak into the world of any individual or group setting using the wealth of her life experience to assist individuals in finding their "key note". Nikki says " in this life we are instruments of one great orchestra, as we find our own natural music and stay in tune with our own self as a unique instrument, a tremendous harmony arises within any personal or group setting." With nearly 20 years experience as a voice facilitator, with groups ranging from Wandsworth Prison to Deutsche Bank, Nikki could be described as a supreme "conductor" bringing out the highest music in any environment.

Highlights for Nikki in the last 12 months include being re-named by as NIKKI SLADE/CHEMISTRY AT WORK and receiving excellent reviews for her 1-to-1 voice coaching in Vogue, Telegraph, Independent, Guardian and Daily Mail.



Guardian - Autumn 2008

Nikki Slade, who runs chanting and voice-work classes for everyone from City bankers to addicts at The Priory, believes that the benefits of singing are linked to the primacy and power of the human voice - and our basic instinct to use it. "People are naturally free and expressive," she says, "but it's something that has been lost on a day-to-day basis."

Telegraph - Spring 2009

By the end of an hour, during which I laughed and cried, it seemed perfectly natural to be moving to the music without inhibition. I left glowing and feeling energized. It was easier and more fun than yoga and, as a stress-buster, much more effective

