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# STAND UP AND BE COUNTED



LEADERSHIP • TEAM WORK • ATTITUDE  
• PUBLIC SPEAKING • WELLBEING

## ABOUT THE WORKSHOP

Stand Up And Be Counted is an engaging workshop focussing on leadership, teamwork, attitude, public speaking and wellbeing. Through a series of specifically designed activities, your employees will individually improve their courage, confidence and creative thinking whilst collectively fostering connection and communication between each other.

## WHO ARE THE NELSON TWINS?

You may recognise us from Britain's Got Talent The Champions, Australia's Got Talent, The Footy Show, Australian IQ Test, Gold Diggers, Further Back In Time For Dinner, Insight, Before the Game, The Project, National Geographic's How To Win At Everything and a host of TV commercials.

### *But who are we really?*

We're comedians, actors, school teachers, parents, sports fanatics, history buffs and joint creators of the Stand Up And Be Counted workshop. Laying the foundations for the workshop when evaluating our own comedy performances, we have created a series of strategies to assist people in working cohesively with others whilst overcoming anxiety and perfecting the craft of speaking in public.

Focussing on courage, confidence, connection, creative thinking and communication, our workshop uses comedy as the driving force behind a day of hilariously engaging activities.

Launching our comedy careers in 2006, we have been on a journey to hone the craft of speaking to an audience. By sticking to the strategies we have learned from our mentors, we are fast becoming the best speakers we can be and are keen to pass on our knowledge and experience and help our workshop participants be the best they can be.

## WHAT WILL YOUR EMPLOYEES GAIN FROM SUABC?

Stand Up And Be Counted offers something unique in the workplace environment. It is a fun and exciting workshop that brings teams together, helping them understand the differences that exist between them, whilst giving employees the opportunity to face one of life's greatest fears, speaking in public. Engaging people through humour, we take participants on a journey of self-discovery and by the end of the session everyone will be equipped with the skills to take a risk and get out of their comfort zone.

## HOW DOES SUABC WORK?

On the day of the workshop your employees will be given a book containing a series of teamwork, leadership, attitude, public speaking and wellbeing based exercises. Participants work through the booklet in a group as well as individually as they prepare to put together their own routine to be presented in front of their peers at the end of the session.

# SUABC CONCEPT *THE 5 C'S*

## **COURAGE**

Discovering the courage to be yourself, to try something new, to be resilient, to tell your story, to stand and deliver!

## **CONFIDENCE**

The ability to take risks, learn from mistakes and celebrate the small wins! The confidence to believe in yourself and trust yourself with conviction. Self efficacy and self esteem are threaded throughout the workshop.

## **CONNECTION**

The importance of connecting with others, building new relationships and strengthening existing ones.

## **CREATIVE THINKING**

Speaking in public relies on an art form of creativity. The workshop gives participants the tools to form a new perspective and to think outside the box.

## **COMMUNICATION**

By learning to communicate effectively in an audience forum, participants learn different communication strategies to deliver a story.

***"It was good fun, a little bit of banter, some good humour... really good lessons"***

Aaron Finch



***"The Nelson Twins are one of two of my favourite acts in the world"***

Jimeoin



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