

Peter CHATTERIS

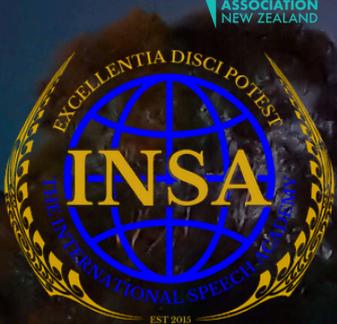
Unleash
the
Mind

Peter Chatteris is a multi award winning speaker, author and coach. He has inspired millions of people in multiple countries over his 40 years in the public arena.

Peter is a proven powerhouse presenter whose message inspires, informs, enchants, and enthralls. He leaves every audience member with a powerful, lasting impression. This ensures they have an entrenched and measurable action plan in place for their future well-being.

Peter serves on the board of the Professional Speakers Association of New Zealand. He is a senior member of Toastmasters, where he has won several public speaking championships in multiple categories.

In 2015, Peter developed the concept for The International Speech Academy (INSA). This is the education arm of his business, focusing on public speaking and communication excellence. Future plans include setting up a global franchise system for INSA.



The 3 Pillars of a Healthy Mind

Enlightened
Healthy Mind

Empowerment

Learning

Creativity

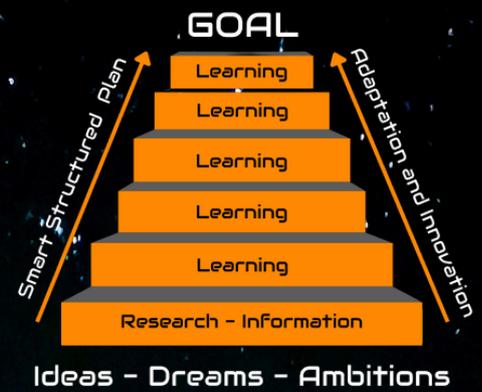
Inspiration

The 3 Pillars

Identify
Triggers

Identify Stress Points

Introducing *Learning*



“The role of an educator is to teach people HOW to learn”

Education should inspire people to learn. Unfortunately, many traditional professional development sessions seek only to transfer knowledge.

Whilst transfer of knowledge is essential, the learning should continue long after the teaching stops. People must be inspired to learn more than they get taught. This should have a high priority in any educational programme.

Obviously, transfer of knowledge is crucial. After all, would you want to have a surgeon operate without having knowledge? Would you want a taxi driver with no knowledge of the area?

However, the difference between competent people and extraordinary people often comes down to an environment of learning. This is only developed if an educational programme teaches people how to learn. Unfortunately, the professional development ‘industry’ often lacks this important factor.

If an educator, facilitator or coach focuses only on transfer of knowledge, then the learning stops when the stage becomes vacant. Whilst the outcome may be enough to pass an exam, know the theory or understand the system, advancement will be minimal if self-learning fails to eventuate.

Peter introduces a method to uncover audience member’s individual motivators. These motivators are the catalyst that empowers an individual to keep learning. They also have the benefit of people understanding themselves better. All this adds up to a more efficient and mentally empowered workforce, working in a mentally healthy environment.

Introducing *Creativity*



**“Instead of thinking outside
the box, ban it altogether!”**

It doesn't matter who you are, what your background is, or what career path you are on. The tragedy is that the gift of human creativity often lies unrealised and unused in many people.

Peter Chatteris has mastered the art of bringing out creativity in everyone. He taught music at all levels for 20 years and produced 12 albums of students' works. Peter is a published poet and songwriter, having founded the "Song for YOU" and "Words for YOU" programmes. Creativity is in his blood.

Think for one moment about the potential for creative thinking within a business's human resources. One idea could well be a catalyst that gives a significant boost to a company's bottom line. However, most of these ideas will never see the light of day unless staff are encouraged to be creative.

Creativity is a crucial component of a healthy mind. If the potential for creative thinking is stifled, stress is a natural outcome. This type of stress is insidious because it is one of the most hidden. If a business can benefit from a creative workforce and stress is reduced by doing so, the importance of creativity should not be underestimated.

Peter uses lateral thinking exercises to foster creativity. using break-out groups to solve seemingly impossible problems. Specific stress points relating to the individual industry and workplace are examined and built into this activity.

When staff are more comfortable in sharing ideas, the business is more equipped to develop innovative approaches to problem-solving. To consolidate this, an ongoing optional support programme can be implemented.

Introducing Inspiration



“Everyone can be inspirational to somebody, even without realising it”

Inspiration can come from a lifetime of achievement, a victory over adversity or a fleeting moment of action.

Inspiration is not motivation. They are two very different things, however inspiration can produce motivation. Motivation on its own pushes, whereas inspiration leads. Motivation stops when the motivator leaves. Inspiration continues to empower even if the source disappears.

Inspiration has to be at the very heart of any business. Effective leaders understand that an inspired workforce is an efficient workforce.

In these challenging times, it is unfortunate that the inverse of inspiration is all too prevalent. When moments of stress arise, inspiration is often difficult to find and disenchantment sets in. This is workplace poison.

Peter begins with his own inspirational story. In his young years, he was labelled “dumb” and “stupid”. He has faced huge hurdles along the way and overcome seemingly impossible odds. Peter’s story uplifts and inspires the audience.

The focus is then turned around. Audience members learn how to use their own stories and actions to inspire those around them. They learn the art of inspiring someone to take action, rather than pushing them towards a required outcome.

A system of self evaluation is examined and an optional ongoing support programme is available. Communication techniques are of the utmost importance, and therefore form an important component of the support programme.

Why Peter?

Peter Chatteris struggled with mental illness for 25 years, including multiple hospital visits, combined with a cocktail of medication that had little effect. After a serious suicide attempt in 2021, Peter lost his home, family, and career. He spent time inside a secure mental health facility and emerged homeless.

This was the catalyst that saw Peter embark on the toughest journey of his life. He decided that he had to be the master of his own well-being and developed a previously unknown strength. Ultimately, Peter claimed victory and now spends his time inspiring those around him.

Mental illness and harmful stress are often masked, particularly in the workplace. This is a serious situation and one that must be addressed. The obligation that businesses have to ensure the well being of staff has never been more important.

Peter Chatteris will take you on a personal and ultimately enlightening path to better understanding of mental wellbeing in the workplace. His practical real world strategies and harm minimisation are a potent mix. They equip any workforce to a place where well being is more than mere words.

The Presentation

The Unleash the Mind presentation is delivered with passion, integrity and authenticity. It covers the 3 pillars supporting a mentally healthy workplace and the wellbeing of individual staff members. There are options for individual speeches or one combined presentation.

Peter doesn't hold back from telling it like it is. Mental wellbeing is not something to be shoved away as an afterthought. His speeches carry purpose, practicality and poignancy. The audience will ultimately be left with positivity and the tools to enshrine a healthy mind.

Audience involvement forms an important part of this presentation. The optional question and answer time gives further opportunity for participation.

The 3 Tiered Approach

SPEECH

60 to 90 minute keynote presentation on the 3 aspects of a healthy mind
Attendees receive an electronic copy of the "Unleash the Power" book
Post speech question time
Mix and mingle as appropriate

CONSULT

Practical aspects, industry specifics, desired outcome and relevant points
Post speech consultation meeting gathering feedback
Presentation of a specialised support template
Discussion of optional support and mentoring programme

SUPPORT

Optional support programmes ensure what has been learned is nurtured.
Professional development available from fully facilitated through to documented programme only.
Small group and individual coaching available.

RESULT

An Enlightened Mentally Healthy Business
The 3 tiered approach provides an entire system of professional development and support. Unleashing the MIND enables wellbeing.

The Details



Pricing

- Keynote speeches are quoted on an individual basis
- Individual mentoring and coaching: Starting at \$170/hour
- Ongoing support programme designed: Starting at \$2497
- Implementation and facilitation of support programme: Individual quotes

Bookings

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- www.peterchatteris.com

"He aha te mea nui o te ao
He tangata, he tangata, he tangata"

"What is the most important thing in the world?
It is the people, it is the people, it is the people"

"For it is in the people, that life exists"



All prices are in NZD and exclude GST. Booking is confirmed on a non-refundable 25% deposit. Relevant travel costs and accommodation are discussed and agreed to at time of booking. All technical equipment including sound equipment, cameras, recording apparatus and lighting are the responsibility of the client, unless otherwise agreed. One recording made by the client is permitted, however, no audience member may record, copy or duplicate any materials used before, during or after the event. All materials, logos, artwork, IP and recordings remain the sole property of their respectful owners. The venue is provided by the client unless otherwise agreed.