



# The Lunch and Learn Programs

## About The HubStudio

The HubStudio is a resource and development centre for working professional actors and creatives. Available anywhere, we operate both face to face workshops and online, with our own studio facilities in both Perth & Sydney. We use core performance skills to facilitate exceptional training programs for corporate clients using proven theatrical techniques taught by experts in performance training. Our coaches have taught hundreds of actors, and some this country's top artists.

**The HubStudio Corporate Training is activity-based practical learning.** We give constructive personal feedback in a supportive environment where the individualized key learning outcomes engage and inspire each participant to perform at their best.

### At the **core** of our programs are:

Authenticity	Leadership
Presence	Prosperity
Vitality	Engagement
Confidence	Effective Communication



Engage.  
Prosper.

# Lead Philosophy

The Lunch and learn programs are a curated series of short seminar style topic talks. They are a quick and impactful way to engage staff and community in new and exciting personal growth topics that bring a point of difference to any organisation. They can also be used as a way of testing out engagement on new ideas for long form programs, and demonstrate a commitment to personal growth, workplace vitality and the development of a leading company culture.

## Current Programs

### **Public Speaking 101**

Understand the fundamentals of what makes a great presentation.

### **The Authentic Leader**

The fundamentals behind how to be more authentic and engaging in the workplace.

### **Learn To Lead**

The fundamentals behind what makes an engaging leader.

### **Live Your Why**

How to develop and lead from your core motivator.

### **Media Training 101**

How to deal with cameras, social media and curly questions.

### **Personal Branding 101**

How to develop your own identity in the workplace and beyond.

### **Networking 101**

How to win friends and influence people.

### **The Art Of Strategic Listening**

The golden chalice of effective leadership

### **Personal Vitality And Why It's So Damn Attractive**

Develop abundant passion and energy, the magnet for success.

### **Accent Neutralisation**

Learn to be clearer and more effective.



## Current Programs

### **The Extraordinary Power Of Storytelling**

Why storytelling is the fundamental tool of influence and engagement.

### **Nerves And How To Love Them**

The fundamental physiology of nerves and how to use them to your advantage.

### **Fundamentals Of Effective Writing**

How to use the power of written word to influence and lead.

### **How To Become A Thought Leader**

Fundamentals of strategic thinking and how to communicate your message.

### **Hypnosis For Stress, Anxiety, Depression and Wellness**

Hypnotherapy is an incredibly powerful tool for getting rid of the negative effects.

### **The Calvary Isn't Coming**

How to develop your own core strengths within any organisation.

### **How To Engage Your Team**

Fundamental tools of interpersonal motivation.

### **What Is Your Voice? How To Find It And Use It.**

The fundamentals of great vocal technique and why it's essential.

### **Body Language Is The Most Powerful Communication Tool**

Put your best foot forward, literally.



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## Who is this course for ?

This on-going series of lunch n learn programs is perfect for any organisation looking to develop it's cultural values and commitment to individual growth. Our leading group of working professionals have detailed insights into each topic, with many having performance backgrounds, meaning each talk will be engaging and memorable, and tailored to each organisations needs.

This series is also available as an online series of videos.

AVAILABLE AS AN  
**ONLINE  
PROGRAM**

## Program Details

**Minimum Length :** 45 Minutes

**Maximum Persons:** No Limit

**Minimum Cost:** \$450 pr session.

**Minimum Sessions:** 5

This series is also available as a series of online videos.

The HubStudio prides itself on our ability to create bespoke training that speaks to the needs of each organisation. If you have a particular topic you need discussed please let us know. We have access to over 1,500 actors, writers, coaches, camera & technical personnel, and creatives. We'd love to hear from you.

**Contact details  
Oliver Wenn**

+612 9212 0522

+61411 160 556

[oliver@thehubstudio.com.au](mailto:oliver@thehubstudio.com.au)

Office Perth : 59 Waddell Rd Bicton  
Office Sydney : 18 City Rd Chippendale

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# **The HubStudio**

**The Actors Gym**