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the Curiosity

Your monthly magazine from the Catapult Club

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Dear Reader,

Welcome to the June edition of *the Curiosity*. First we must say a big Thank You to all those who contacted us about our launch issue. We really appreciate hearing from you. Thank you!

This month the subject of personal safety is at the forefront of our minds. We're conducting a nationwide survey to find out about women's attitude to defending themselves. During the summer we are launching a range of one-day courses in self-defence and assertiveness.

Dates and venues for the one-day courses will be up on our website soon. Full details will be published in the July edition of the Curiosity, where we will also be taking an in-depth look at the unique self-defence system taught on the Life Launcher experience.

In this issue of *the Curiosity* we're talking about being heard and making our voices more interesting. We've given you some really simple, but highly effective exercises, to help you create more impact with your voice.

In our regular features you will find another exquisite cocktail recipe and in Delicious Dozen you will find twelve inspirational ideas to make June sizzle.

Best wishes,

Emelie & Louise

Quick link to our website...
<http://www.thecatapultclub.com>

Don't Miss Out!



The next Life Launcher takes place from 19th to 22nd September 2008. For more details please visit our website:

the Catapult Club

Make Yourself Heard!

Survey after survey cites public speaking as the highest ranking fear for adults in the UK. It's more feared than death! But aside from those dreaded moments when you need to speak in front of a crowd, many of us don't give our voices much thought.



Whether you're out with friends, at work with colleagues, at home with family or on the phone to someone, your voice is in constant use. Your voice has an enormous impact on both how your communication is received and on how you are perceived as a person.

This month our voice coach suggests a few exercises which can help you improve the range, tone and clarity of your voice. If you do have to speak in public run through of some of these to warm your voice up before you speak. (You may want to try them in the privacy of your own home at first!)

- Before you start the voice exercises stand upright with good posture. Stretch from side to side to open the ribs. Make big circles with your arms to loosen the shoulders. Yawn and stretch your face to warm the facial muscles.

- Imagine chewing a giant marshmallow and let your face stretch and twist.
- Push your lips into an exaggerated pout, followed by a huge cheesy grin. Repeat quickly 3 times.
- Hum until you feel your lips tingle. Raise the volume as much as you can. Imagine that you're sending the hum through the wall. (Don't strain the throat, the sound should come from the breath). Finally, once your hum is as strong as it can get, release a loud 'Waaaahhh' to the ceiling.
- Recite a nursery rhyme using your whole vocal range. Start really low and work up to high, and then back down to low again.
- To improve diction try exercising the tongue. Count your teeth, one by one, with your tongue. Point the tip of your tongue to the roof of your mouth, then down and side to side.
- Tongue twisters are another great way to improve diction: "Imagine an imaginary menagerie manager imagining an imaginary menagerie" and "A proper cup of coffee in a proper copper coffee kettle".
- Read aloud in pantomime style, really over-acting and exaggerating your facial expressions and voice. If you do have a speech to make, practice it at least once in this over the top fashion. It will make your delivery on the day far more exciting and also much less daunting.
- Read aloud to an imaginary audience. Try different size audiences. Your voice projection and intention (not just the volume) will be different addressing an audience of ten than an auditorium of hundreds.
- Read to children. There is no audience who will be more honest about your delivery.

Women of Britain Personal Safety Survey 2008

We are conducting a nationwide survey of women's thoughts and feelings about personal safety. So far we have only covered London but we will be coming to a city near you soon.

We will be revealing the (so far astounding!) results in a future issue of *the Curiosity*. If you would like to take part and can spare one minute of your time on the phone to

answer five simple questions we would love to hear from you. Just email info@thecatapultclub.com us to express your interest.



NEWSFLASH! We will be running a range of one-day self-defence and assertiveness courses, from August onwards. Information will be available on our website soon.

Life Launcher Review

The Life Launcher experience in June was another wonderful weekend. Thanks to the sunny weather we were able to conduct much of the training outside.

Here's what our guests thought:

"Such a wonderful, inspiring, empowering and enlightening experience - never to be forgotten."

"Thank you for my life changing experience."

"Such an enlightening weekend. The benefit will stay with me forever."

"A fab weekend - such a great combination of practical skills, new insights and a chance to relax..."

To find out what the Life Launcher experience could do for you, visit our website.

the Catapult Club Cocktail of the Month

“Perfect Pimms”

1 measure of Pimms
3 measures of ginger ale
Slices of lemon
Slices of cucumber
Slices of apple
Halved strawberries
Fresh mint leaves



A tasty twist on the famous summer drink. Mix all the ingredients together and serve over ice. Bash the mint leaves before adding to release more flavour. Make a big jug, take it outside and share with friends in the sunshine.

Delicious Dozen: 12 Ways to Make this Month Magic

1. **Make the most of the longest day.** Summer Solstice is on 21st June. With the sun rising at 4.42am and not setting until 9.21pm, there is plenty of time for you to do something you enjoy.
2. **Indulge in a mouth-watering experience** at the Taste of London Festival. In Regents Park this weekend, 19th to 22nd June, 40 of the capital's top restaurants and Michelin starred chefs will be showing off their culinary skills.
3. **Dance like nobody's watching.** Put on an upbeat piece of music and really let rip, in your kitchen, lounge or wherever you are.
4. **Enjoy the Wimbledon Tennis Championship**, from 23rd June to the 10th July, but if you can't get there, recreate a traditional Wimbledon experience at home. Devour a picnic of strawberries and cream, washed down with champagne, in front of the telly with some friends. (No umbrellas required!)
5. **Shimmy along to Carnival de Cuba** in Southwark Park, London. From 28th to 29th June you can dance to Cuban music and sip delicious Mojitos and Cuba Libres at this gorgeous festival. There's something for the kids too, with drumming and dance workshops.
6. **Go wild at the Glastonbury Festival** from 27th to 29th June. Be part of this legendary festival. There are still some tickets left.
7. **Pick and eat local strawberries.** Now fully in season, find somewhere to pick your own for guaranteed freshness. Plus it's a great way to get outside and enjoy the summer.
8. **Be still.** Give yourself 10 minutes a day to totally relax. Stare at the sky or just lie on your bed and let your mind wander. You will feel calmer and long term your health will improve as you reduce stress levels.
9. **Learn Origami.** Buy yourself some beautiful squares of origami paper from a craft shop. This ancient Japanese art can be done anywhere and is very relaxing.
10. **Read *The Prophet* by Khalil Gibran.**
11. **Do something new.** Sign up for a course in something that interests you. Your library will normally have a notice board full of local activities and courses for you to try.
12. **Start each day with a smile.** Smiling, even faking a smile, releases endorphins and serotonin to make you feel great.

Thank you for reading the Curiosity. It's written with you in mind, so we welcome your feedback. Email info@thecatapultclub.com and let us know what you think.

To make sure you receive the next issue please add info@thecatapultclub.com to your address book.

Enjoy the month of June!