

Rider for Julia Grace

SPEAKING:

Julia is most comfortable with a hand-held radio mic however lapel/headset are also suitable if needed.

ON-STAGE REQUIREMENTS:

Handheld radio mic for speaking
Music stand or small lectern for ipad
Easily accessible water (bottled or jug and glass)

MUSIC:

Julia will incorporate songs using acoustic guitar and vocals as part of her presentation. She will be seated on a stool, and the music will be integrated into her training.

ON-STAGE REQUIREMENTS:

Stool
DI for acoustic guitar
Mic and boom stand for singing

POWERPOINT:

Julia will bring her own MacBook Pro with an HDMI adaptor and a remote clicker. If you would prefer to put her presentation onto your computer, that can be arranged on the day during soundcheck however, Julia will need to use her clicker (which has a wireless USB connector). Being flexible right up to the event time with presentations allows Julia to meet the needs of her clients personally.

SUGGESTED INTRO:

Julia Grace is a uniquely qualified Mental Wellness Speaker.

She is Vice president of the Professional Speakers Association of NZ, and is the current Educator of the Year and Breakthrough Speaker of the Year.

Julia has taught for 30 years in NZ schools, performed on stage since she was 4 years old and is a Tui award-winning singer-songwriter.

To top it off, she's a qualified Mental Health First Aid instructor who lives with a personal diagnosis of clinical depression and anxiety.

Her message today is all about Being Kind to Your Mind.
Please welcome Julia Grace