

### **Testimonial: Melissa Bruce \* Performance Consultant 1999**

After each "Performance Consulting" session with Melissa Bruce, I came away feeling more self-assured and focused on my objectives.

Not only has she helped me to trust in myself as an individual and believe in what I have to give, she has also enabled me to develop in a professional capacity as a Television Presenter and Media Psychologist.

We worked on overcoming any fears or anxieties that arose from being in the public eye and under the scrutiny of the camera. I needed to develop a technique of being able to talk directly to the camera in a natural way, allowing my own personality to come through as opposed to being blocked out of fear or nerves. By rehearsing my pieces to camera and receiving feedback from Melissa I was able to improve and fine-tune my performance.

Through this process, I became more aware of how I was holding onto tension and learned how to relax more and place my voice within myself to facilitate the optimum projection, resonance and clarity. Learning how to connect with what I was saying and integrate it into my person was another way of dissipating my nerves and feeling more confident.

There were also times when I needed assistance writing and or editing my pieces to camera and I could always rely on Melissa to do this with me.

Working with her has been an invaluable experience and I will continue to have booster sessions when necessary. For me, it is an on-going process of learning and if I am extending myself and taking risks to grow professionally, it's reassuring to know that I can find vital support and guidance when I need it.

**Nicola Ruscoe**  
**Television Presenter / Media Psychologist**  
**The Lifestyle Channel, Foxtel.**