

Building Capacity in the Air Guard Working Group

On Saturday 13th March 2010, the Air Guard Working Group (AGWG) of the Trinidad and Tobago Defence Force Family Support Team hosted a training seminar/ workshop for its members entitled “Speak with Ease – How to Conquer Your Fear of Speaking in Public”. Mr Shamdaver Ganesh, CEO of Options for Life and a motivational speaker and life coach, conducted the seminar/workshop. As part of the training, members were given the opportunity to demonstrate their newly acquired public speaking skills. The general consensus was that the seminar/workshop was fantastic!



Members of the Air Guard Working Group



Mr Ganesh together with members of the AGWG