

Benita Collings

Benita Collings has been training business professionals to improve their presentation and communication skills for twenty years. Benita has facilitated a series of NIDA Corporate courses including Corporate Performance, Presenting with Confidence, and various media and television training programs. She has also delivered customised training sessions for a diverse range of organisations and individuals.

Benita has worked in radio, film, stage and television, performed with most of Australia's Symphony Orchestras, recorded nine albums and also works in the voice over industry. She has over forty years' experience working within the performing arts industry, and is well known for her presenting role on the ABC's Play School.

In 1992 Benita decided to branch out in other directions and gained certification in the Professional Trainers Program in Presentation and Communication skills. In 1993 she studied Neuro-Linguistic Programming, which she uses in assessing management in behavioural and organisational change. With many years of experience and training, Benita brings a wealth of knowledge and insight to NIDA Corporate and its clients.

