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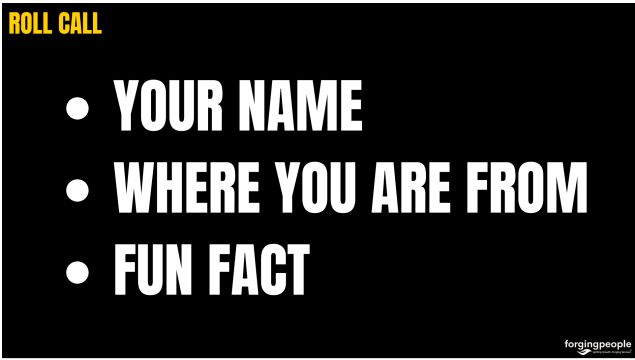
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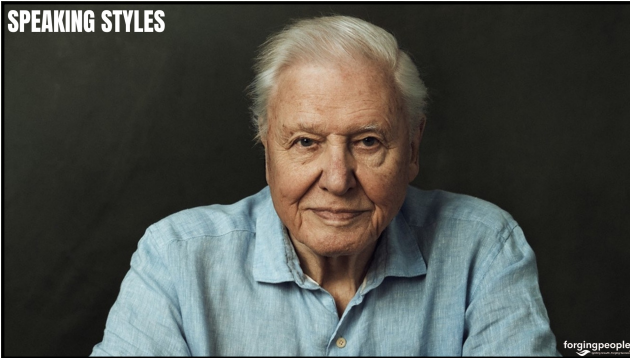
WHY ARE YOU HERE?

- STAGE SPEAKING
- NETWORKING & SALES
- PITCHING & PRESENTING
- LEADERSHIP & MANAGEMENT
- SOCIAL EVENTS
- VIDEOS, LIVES & MEDIA
- PROFILE, VISIBILITY OR A KPI
- ANXIETY, CONFIDENCE & SELF-BELIEF
- PERSONAL RELATIONSHIPS

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SPEAKING STYLES



11

SPEAKING STYLES



12

SPEAKING STYLES



13

SPEAKING STYLES



14

FIND YOUR VOICE

- **CREATE A PLATFORM**
- **CHAMPION YOU**
- **TRULY BE HEARD**
- **FIND OPPORTUNITIES**

15

THE SECRETS

- SPEAKING IS LIFE
- EMOTIONAL STORYTELLING
- FEEL NOT JUST HEAR
- VULNERABILITY
- AUTHENTICITY
- YOU - BUT AMPLIFIED!
- HIGHLIGHT VALUES NOT DETAILS
- HARNESS YOUR PERSONAL BRAND
- ADVERSITY TO EXCITEMENT!

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YOUR TURN!

17

ANGER



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18

SADNESS & REGRET



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19

LOVE & HAPPINESS



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ANXIETY & NERVES

- **DISARMING TRUTH**
- **NARRATIVE & VISUALISATION = MINDSET**
- **BREATHING**
- **BODY LANGUAGE**
- **EYE CONTACT**
- **GROUNDING & CONFIDENCE**
- **MANAGE THE MANAGEABLES**
- **BE PREPARED FOR CHANGE!**
- **PAGE, TONE & VOLUME = FIND YOUR VOICE!**

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YOUR COMEBACK STORY



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RESILIENCE - HOW TO FORGE AHEAD!

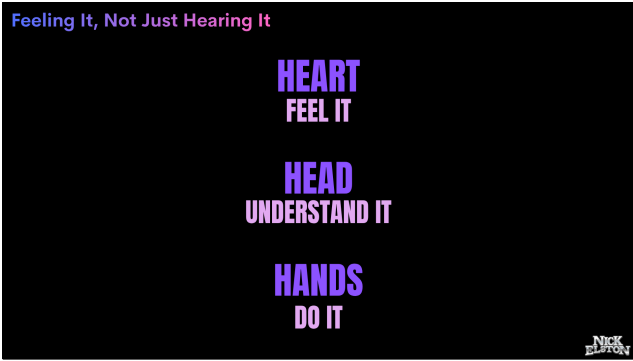
- RECOVERY - PROACTIVE & REACTIVE
- SENSITIVITY & EMBARRASSMENT
- ASSUMPTION & AWARENESS
- YOUR AUDIENCE DYNAMICS
- YOUR EJECT STORY!
- PLAN-PREPARE-ENGAGE-REVIEW-EVOLVE-REPEAT
- KNOW YOUR STUFF - THEN LET GO!
- SET YOUR CONTEXT & COMMUNICATE YOUR NICHE
- TRULY KNOW YOUR 'WHY'

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YOUR MESSAGE

- KNOW your why.
- Know your message.
- Know your value.
- Know your call to action.
- Focus on the FEELS.
- Create LEGACY.

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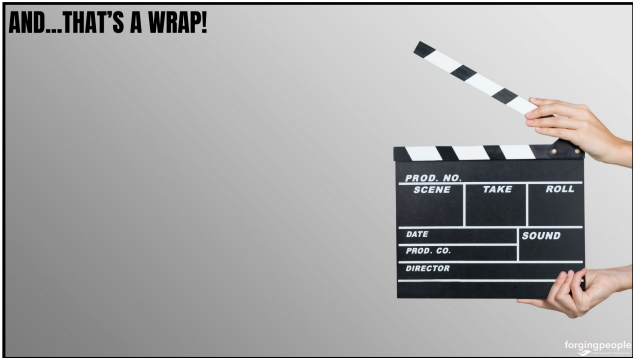
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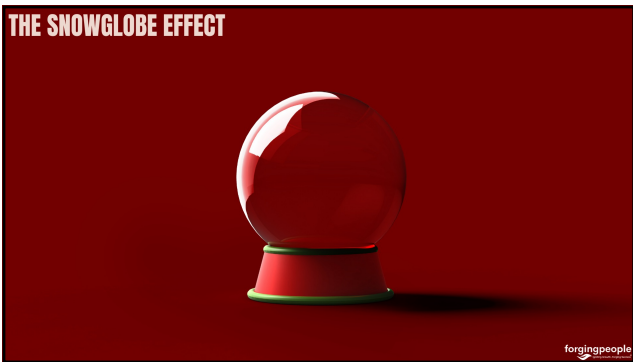
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