



Presents



Your Guide to:

**Mindset**

## Mindset Pyramid

### *The 3 Stages of a Speaker's Mindset*



#### **Fear**

Overcoming Nerves.



#### **Deliver**

Being at Your Best.



#### **Win**

Learning and Growing

### **FEAR**

#### *Pick Your Strategy!*

<b>F</b> ocus	Focus on the <b>audience</b> , not yourself!
<b>E</b> motions	Decide how you feel: anxious, excited, or ready.
<b>A</b> ttitude	Lift your <b>standards</b> and you will lift your confidence.
<b>R</b> eaction	Prepare how you will react when things go wrong.

### **Deliver**

#### *Control the Inner Voices!*

Most of us have two voices in our head: a positive voice and a negative voice.

Use '**Actionable Affirmations**' (verbal prompts, e.g., 'composure to creates champions') to awaken positive voice. Plan an '**Answer**' (e.g., 'I'll be fine') to counter negative voice.

### **Win**

#### *Learning is Winning!*

Encourage growth by asking yourself **3 questions** after presenting:

1. What did I do well?
2. What did I get wrong?
3. How could I improve?

