



Presents



Your Guide to:
Nerves of Steel

Core Principle

Confidence Come from **Trust**.

The reasons speakers get nervous is because they don't **trust** their content, their preparation, or their abilities.



Let Go of Your Past.

Sometimes a past experience or comment can be the **source** of our anxiety.

But by making **peace** with your past and taking a new course of **action**, you can let go of what is holding you back.



See Yourself as a Speaker.

We all act consistently with who we **believe we are**.

Adjust your self-image by **thinking**, **feeling** and **acting** like a professional speaker.



Control the Inner Conversation.

Make your 'good' voice louder with **actionable affirmations** – words that focus your mind on a specific speaking skill.

Decide on a prepare **answer** that puts your 'bad' voice in its place.



Find your Smile.

Doing **something** before your presentation that puts a smile on your face.

This will put you in a **positive mood** that will radiate through when you present to an audience.

If you have any questions email

Kyle@confidencebydesign.co.uk