



## Managing Yourself Tips

- Dress a level above your audience
- Drink plenty of water
- Check your clothing – give yourself the once over
- Avoid caffeine and milk products
- Warm up your voice
- Center yourself before taking the stage by taking a cleansing breath, letting out sound, shaking your body, sinking your feet into the earth, pulling a string up through the center of your head, dropping your shoulders down and back, lowering your chin, and smiling.
- Approach the platform naturally, telling yourself you're excited and happy to be there. Use your power mantra. Carry your power token. Use your NLP anchoring technique.
- Breathe. Slow down.
- Take a moment. Don't start talking right away. Look at your audience – make eye contact one by one for about five seconds. Imagine you are opening your heart to your audience and are there to give.
- Find the people who are nodding yes as you speak and focus on them. Ignore the naysayers.
- Know that you are the messenger. It's not about you, it's about your audience. You're there to give.