

The Seven Crown Jewels of Presence In Speaking, Leading and Life!

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1. Slow down. Savor the moment..... Breathe
2. Become aware of your body: Feel your feet on the ground.
3. Remember: Where you put your attention, that's where energy goes.
4. Think of it as a conversation not a presentation.
5. Ask yourself: How can I be of service? Instead of: How can I be perfect and show my expertise?
6. Smile: Both to be kind to yourself and to be open to your audience.
7. Trust the power of silence!