

Day 9 - Teach Something In 60 Seconds

We all have the attention spans of Dory these days. So helpful content that is quick and to the point goes a long way. And of course, it builds trust because people can see that you know what you're talking about!

So with that in mind, today you're going to teach something to your audience, ideal clients or a poor random on the street (no, sorry, that might be my person for today 😂 can't help myself!) And no, you don't need a fancy set-up. If you have a phone or computer with internet access, you've got all you need to start!

Today's action step?

Teach something in 60 seconds (or less!). Your options include:

- A short reel or video
- A story slide with a quick explanation
- A mini post or carousel
- A quick email to your list busting a myth

Prefer an offline option? Share a 60-second tip in conversation, at a local event, or in a clinic resource.

Still stuck? Jump in the [Whatsapp group](#). You can tell us, and we can cheer you on + share the confidence to have the conversation elsewhere!





Let's talk about how to start teaching your audience

What's one thing you can explain clearly in under a minute?

What's a concept, tip or myth you explain to clients all the time?

What format feels easiest - video, voice, written or a mix?