

WEBINAR: What to Do In the Moment

By Michael Williams

1. Shrink the importance
2. Slow everything down
3. Breathe
4. Empty your mind of everything except your senses and the person or people you're speaking with. Listen, smell, feel, see, hear
5. Repeat a trigger word, like smooth, relaxed, calm, easy, flow, etc.

Secret: “What you do immediately determines what you do eventually.”

“The key to having more and more successful moments in the future is to start practicing for those moments right now!”

1. Practice under pressure
2. Practice when you don't want or need to
3. Practice on video, in the mirror, in front of others
4. Mentally Rehearse, Physically Rehearse
5. Approach every speaking situation like an exciting challenge-opportunity

Welcome!

- 1 Shrink the importance
- 2 Slow everything down
- 3 Breathe
- 4 Use a trigger word or phrase
- 5 Interrupt - Redirect

"What you do immediately determines what you do eventually" - mu

1. Practice under pressure

Test - prove, appear - Confidence

Trial = Painful

2. Practice when you don't feel like it, need to

3. Practice on video - mirror

4. Mentally - Physically Rehears

5. See all speaking sit. as challenge - Opportunity