

SPEAKING CONFIDENTLY WHEN PUT ON THE SPOT

What is the measure of a good speaker/responder?

SECRETS TO EFFECTIVE COMMUNICATION

A

shift about speaking

B

speaking muscle
via practice

C

about connection
over perfection

What is your worry (if any) when asked to speak or respond?

REFRAMING SPEAKING ANXIETY

B



Deep-Belly _____

R



Recite Your _____ Over & Over

A



Acknowledge Your _____

V



_____ Warm Up

E



Expect _____

List any tips or tools that helps you stay calm when speaking:

AMP - ANXIETY MANAGEMENT PLAN

**BEFORE SPEAKING UP
OR RESPONDING**

**WHILE SPEAKING OR
RESPONDING**

SPEAKING CONFIDENTLY WHEN PUT ON THE SPOT

GETTING COMFORTABLE WITH SPONTANEITY

USE _____

examples: **Problem, Solution, Benefit:**

What, So What, Now What:

WHAT? Why, How, Anecdote, Toast

NAILING ON-THE-SPOT SPEAKING

notes:

**Designate a
One-word**

Practice Graceful

Know the

in the Room

**Have a _____
Statement at the Ready**

What is your biggest takeaway from today?