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Outline

• Weapons of Influence

• Training Emotional Competence

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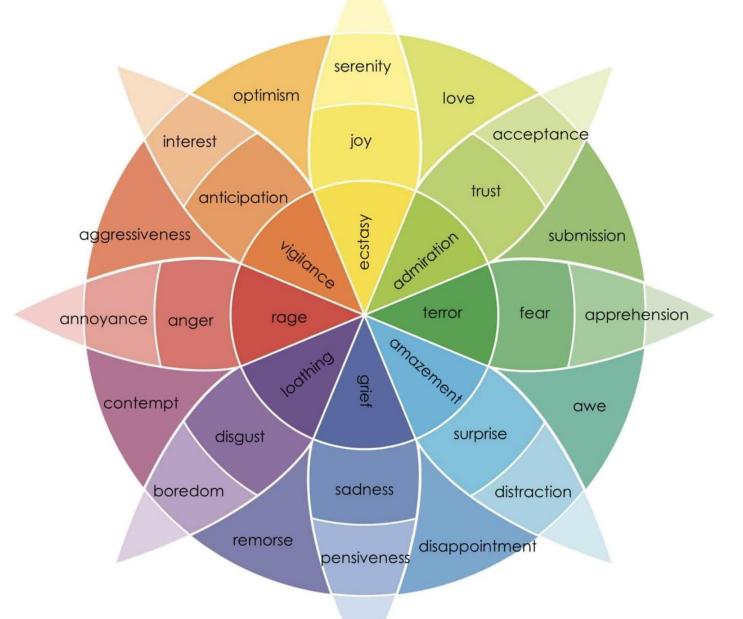
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- Scarcity People assign more value to limited opportunities (FOMO)

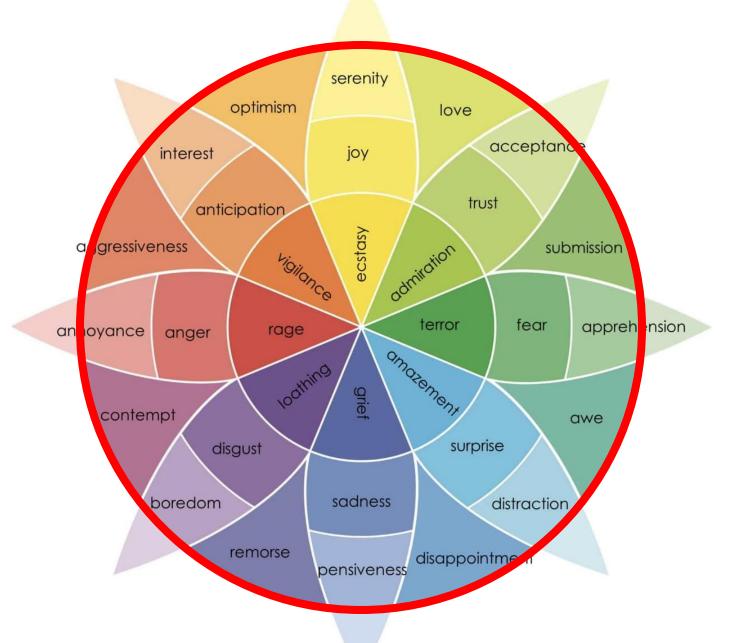
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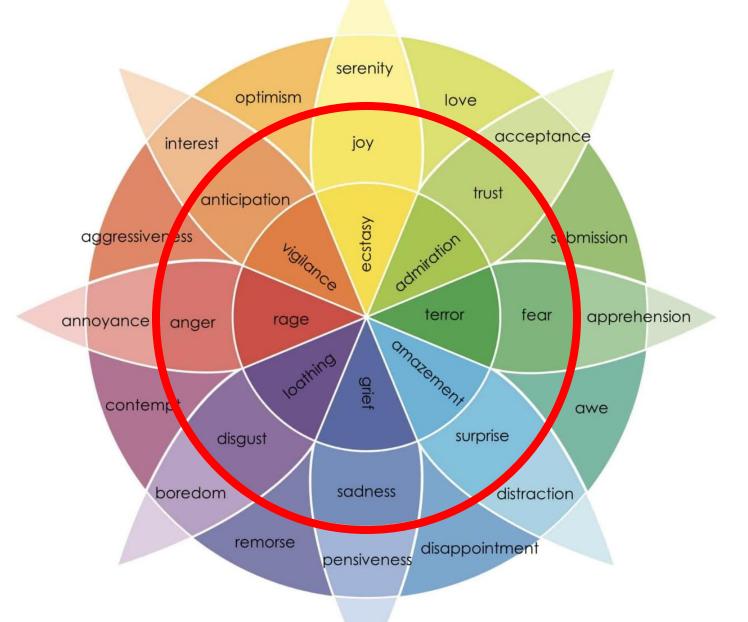
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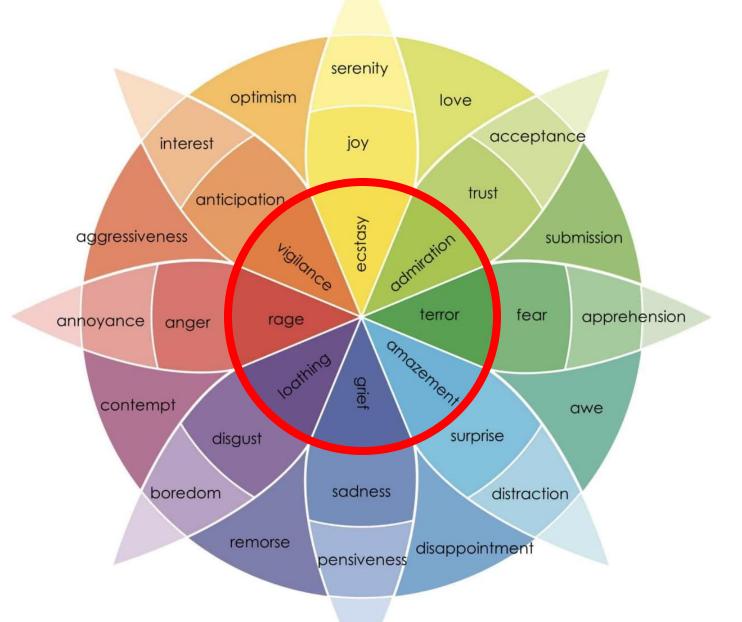
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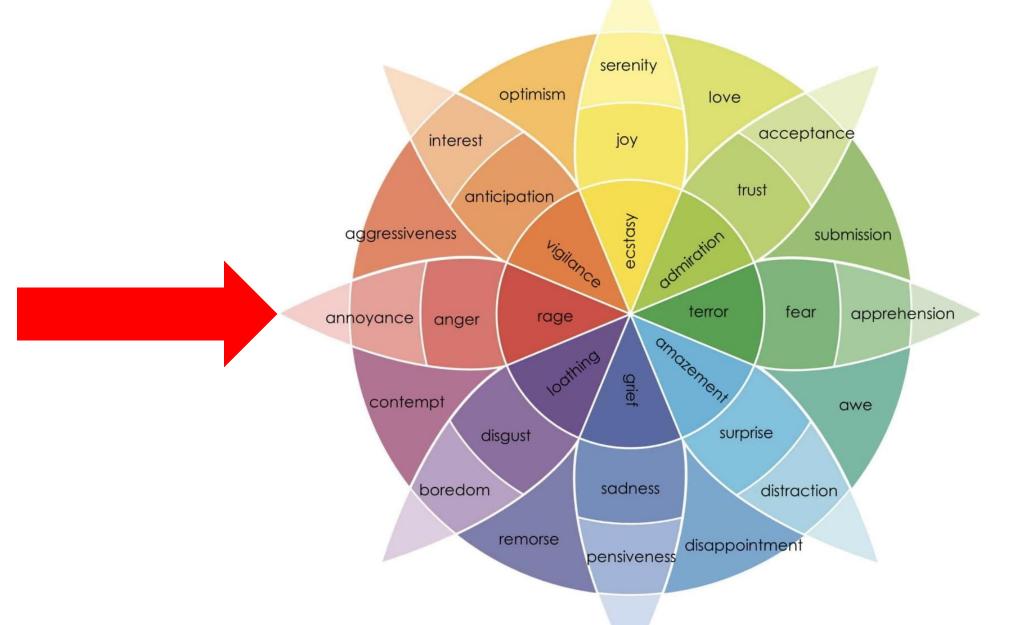
LEAVES ON A STREAM

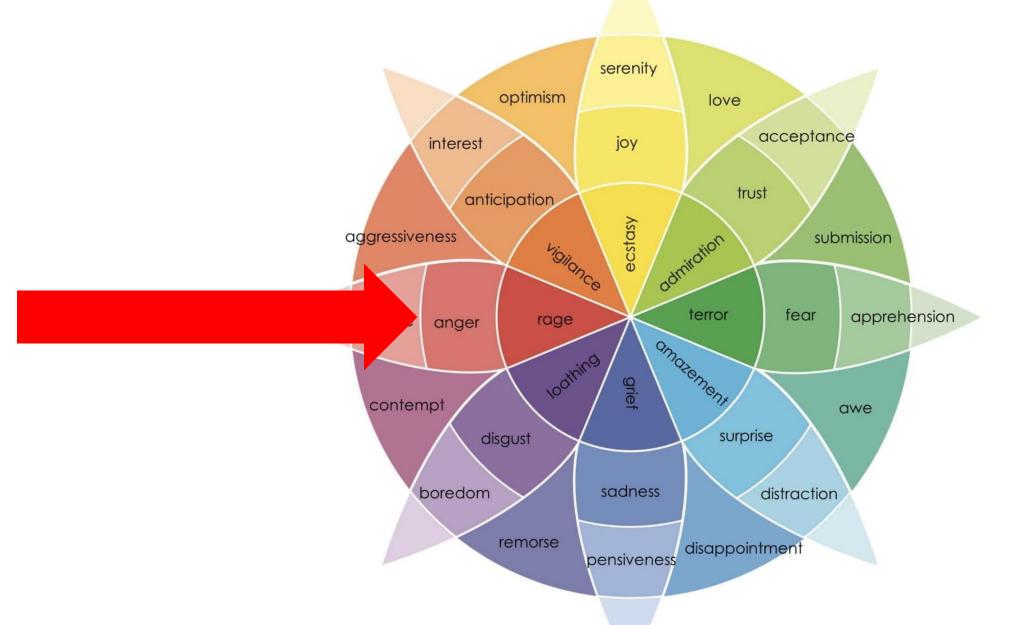






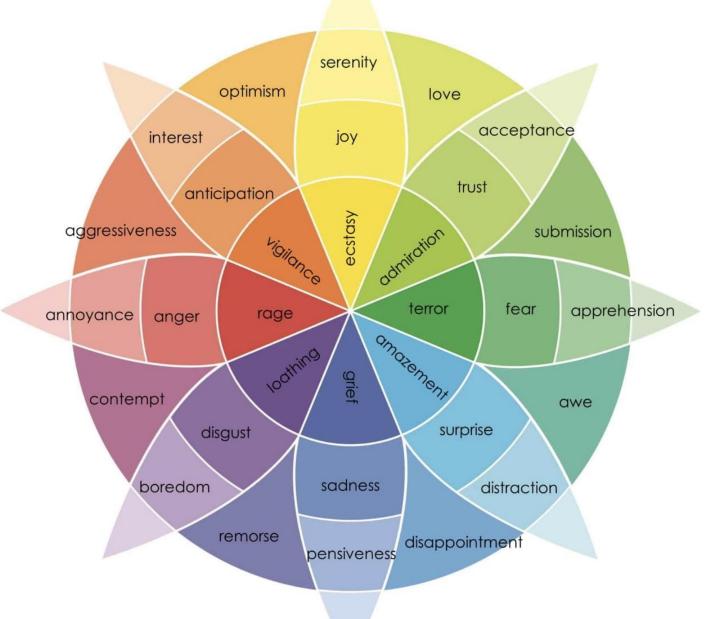


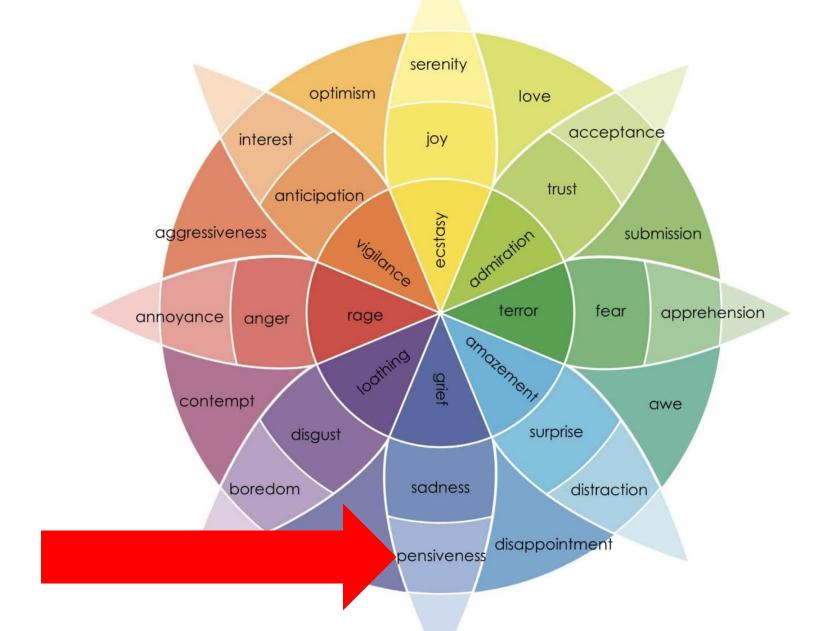


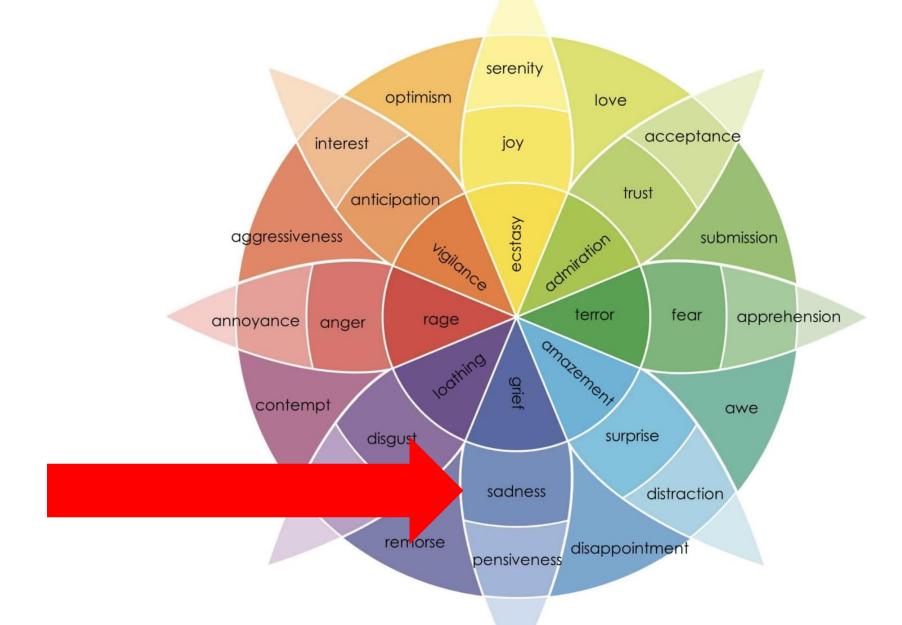




NAME HOW YOU FEEL

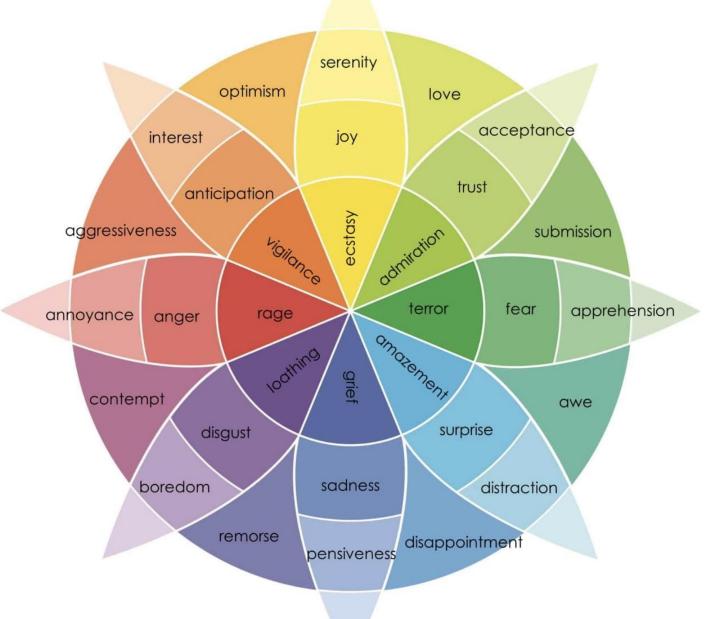




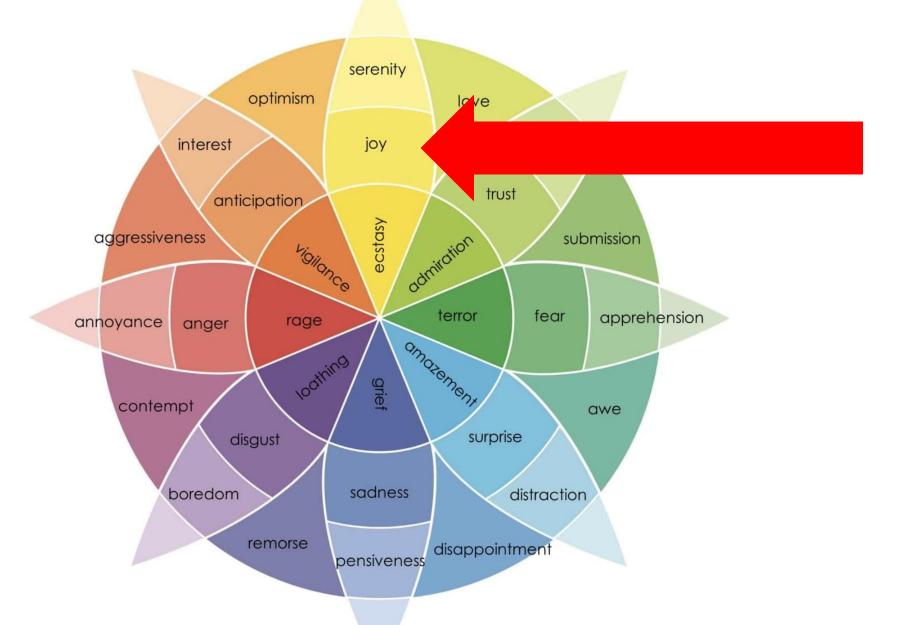




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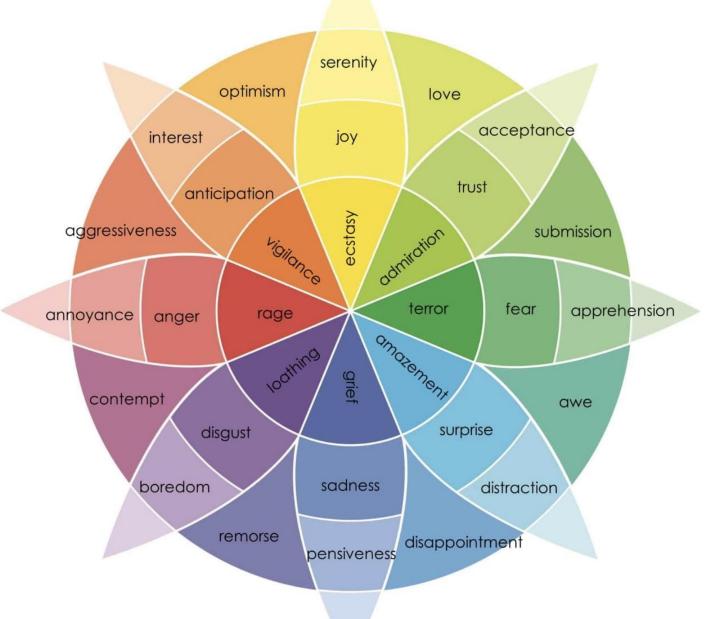






MAKE US JOYFUL

NAME HOW YOU FEEL



Summary

• Learning to use weapons of influence and other strategies effectively requires training your attention and intention

• Naming emotional states allows you to more easily refer back to them and aim for them when speaking to an audience

• The goal is, as always, to practice naming and attending until you do it out of habit, the way an expert baseball player swings without thinking much about how to hold the bat