

My Notepad

MODULE 2

My goals during the program are:

- Boost confidence while speaking
- Learn how to influence others better
- Be more engaging

Where do you spend your time preparing?

90% Verbal

5% Vocal

5% Visual

MODULE 4

Filler words I hear others use:

- Um
- You know. uhh
- Ummm

Filler words I use:

- Uhhh ummm

What are your Pivot Points?

You are in control of your behaviors of trust. Which two will you focus on?

- Eye-communication
- Pausing

MODULE 5

How did the Cornerstones make a difference?

Test jsd;skdkls;dk;ksad;ks;kd;ksldk;skd;ksd;ks;kd;skd;ksa;dks;akd;skd;ks;dk;skd;ksd;ks;dk;skd;ks;dks;kdl;skdks;dk;lskd;kasdkapsidpeipdia;dk;askd;kas;d

MODULE 7

Don't forget your Pivot Points! You're working on:

- Eye-communication
- Pausing

My 3x3 Feedback

Keepers:

1. Test

Improvements:

1. Test

How do you feel about your progress?

Testkjkdksa;dk;askd;kas;dka;sdk;akd;ka;dka;dk;askd;aksd;kas;dk;sakd;ksd;a
ks;dkas;dka;skd;aksd;aks;dk

Specific Actions you can take:

- Complete a Grid for your next conference call, meeting or presentation.
- Read **Communicate To Influence** — a handy-dandy reference guide to reinforce what you learned here.