

My Notepad

MODULE 2

This is a test of My Notepad

My goals during the program are:

- Confidence
- Reduce anxiety
- Gain knowledge

Where do you spend your time preparing?

80% Verbal

10% Vocal

10% Visual

These are notes for Module 2

MODULE 3

These are notes for Module 3

MODULE 4

Filler words I hear others use:

- Like
- Like
- Like

Filler words I use:

- Ya know

What are your Pivot Points?

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

- Vocal variety
- Posture