

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;kd;skdks;dk;lskd;kasdkapsidpeipdia;dk;askd;kas;d