

My Notepad

MODULE 2

to let go stage fear.

My goals during the program are:

- To improve my communication
- To let go stage fear
- To talk with confidence

Where do you spend your time preparing?

25% Verbal

35% Vocal

40% Visual

MODULE 4

Filler words I hear others use:

- How are you
- They are good
- Hey mom

Filler words I use:

- Give me a break

What are your Pivot Points?

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

- **Eye-communication**
- **Vocal variety**