

## One Powerful Mindset Shift

(Section 2, Lectures 8)

Although a lot of people benefit from specific, individualized mindset shifts, adopting a new general mindset can also be extremely powerful. One powerful mindset shift that I often give to my clients is, “Enjoy yourself while you are speaking!” Or I tell them to ask themselves, “What can I do in this moment to have more fun?”

Here are some ways my clients have discovered that they can have more fun:

- Focus on saying what they want to say instead of reading a script or slides.
- Talk about a subject that they are curious or excited about.
- Be honest and transparent about their opinions.
- Start their presentation with audience engagement.
- Smile more before and during their presentation.
- Say something that makes them laugh.
- Wear something more comfortable.
- Have a glass of water, cup of coffee, or a water bottle handy.
- Sit or stand according to their preference.
- Have some notes ready and reference them when needed.

What are three ways that you can have more fun during your next speaking engagement?

1.

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2.

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3.

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## Homework

Next time you are preparing to present or facilitate a meeting ask yourself, “What can I do to enjoy myself more?” You’ll probably have some ideas but haven’t let yourself try them in the past. Try your ideas out! Focus on making the whole experience more enjoyable for yourself, and you’ll notice that your audience will have more fun too.