

My Speaking Goals

(Section 1, Lecture 1)

What are your three goals for taking this course?

1.

2.

3.

After taking this course my goal for you is to feel as comfortable speaking up in a meeting as you are when talking to a close friend. Let us begin by visualizing your goal before we dive into the first lesson.

Exercise

I'd like you to close your eyes and visualize the last time you had an enjoyable conversation with a close friend:

How did you feel in your body?

Feelings: relaxed, energized, engaged

What thoughts went through your mind?

Thoughts: "I'm really enjoying myself right now!" "I'm so curious to find out more."

This feeling of comfort and relaxation in your body and curiosity and enjoyment in your mind are exactly what I want you to feel next time you are speaking in a high stakes situation.

Homework

The next time you're having a conversation with a good friend, notice how you sound, what your body is doing, and what you are thinking. The next time that you present in front of your colleagues or lead a meeting try to visualize yourself speaking to a group of good friends. How does this simple mindset shift change your voice, your body language, and your thoughts?