

Fearless Speaking Video #7 – Be Yourself

Welcome back to my Fearless Speaking video series. Today is the last video and the secret I'll be sharing today is to be yourself. And I know that saying just be yourself is not something that you can instantly walk out the door, get on a stage, do a performance, give your speech, give a presentation, and be yourself. It takes lots of courage, it takes lots of self-inquiry, discovering who that self is.

In fact, that is what my secrets have led to. This is a self-discovery process. Learning what keeps you bound or what keeps you held back from fully expressing yourself in front of groups is the beginning of breaking free so you can be yourself.

When we start with Silence, it's about are you afraid to be blank, are you afraid to be in the unknown? Learning how to be comfortable, finding yourself, finding your voice in the moment, that's Presence. It's learning to be silent, learning to be present and learning how when you're engaging with people to do it from a soft available gaze, not a hard eye contact but an actual kind of welcoming gentle engagement with your eyes, and then listening. You know that I think that's also important in terms of learning who you are, listening to who you are, knowing the difference between when you're trying to fill up space or when you're trying to please others or when you're trying to get the A grade, the approval.

It is really much more important to find your authentic self. It does take much more courage to express what the real words are inside of you, what it is you really want to share, the truth. It is the truth of who you are and speaking from the truth of who you are that is the secret to fearless speaking.

When I talked about the fifth secret, being Positive, I suggested being able to look at people and not focus on the critical judge, what they might be thinking, if they're disapproving of you, but actually finding something you like about them. Then it's easier for you to be yourself. If you can find something that you like and let them be who they are in a good, positive way, then the connection is more possible.

That's what makes it so easy to connect is simply that here we are humans, we're in this room together. You know I have a message for you. I welcome you to join me in listening to this message that I have. I want to be able to engage with you, connect with you, listen to you listening to me.

As I offer you my wisdom, my inspiration, as I offer you these secrets, these seven secrets that I've been giving to you each day, this is the most important one...to Be Yourself.

I'm asking you to take some time to and perhaps make a list of what you like about yourself and affirm that inside. Affirm that this is who you are, so that every time you speak in front of a group you know that's who you are, you know you're a positive person.

For instance I know I'm warm, I know I have a big heart, I know I have a lot of love for people, so that when I'm standing in front of a group nobody can take that away from me. Because I do

know who I am and I know the sound of my real voice, because I've been in processes such as the one you're going through in the Fearless Speaking video series.

There is also the Fearless Speaking E-course that I've designed. Any of these processes are for you to discover who are, what your real voice is, what it is you have to say and to know when you are being real, when you're being truthful, when you're really being engaging, when you feel connected to yourself, and when you feel connected to your listeners.

I know it is a practice and I look forward to having you join me in all sorts of ways as we continue on this path. I say to you, "find your voice, change your life".