

Fearless Speaking Video #5 - Positivity

Welcome back to the Fearless Speaking video series. Today I'll be talking about my fifth secret, which is Positivity. It seems that when people are speaking in front of a group, they get nervous because they think that the audience is critical, that there may be in each one of the listeners' minds some kind of judgment going on about the person who's speaking.

If you're looking out at your individual audience members and you think that they are full of critical thoughts, then of course you're going to be feeling like you want to hide. Or you think that you need to muscle-up and white-knuckle your way through the speech. Or maybe you just want to race quickly and get it over with. In any case, it feels that if you're surrounded by people that you feel are bringing negative energy to you, you're going to want to protect yourself, you're going to want to avoid that as much as possible.

In this secret, what I'm suggesting is that when you look out at your audience members, that you notice something positive about each one. I'm not talking about how you might like the dress that someone is wearing or you like the hairstyle. What I'm thinking about is helping you see that each one of your listeners has a special quality that's deeper and something that I call an essence quality. It's something that's good or strong or beautiful about the listener. It's as if each one of your listeners is like a jewel and so you see a light shining back at you.

Rather than focusing on the critical mind that may or may not be judging you, what I'm suggesting is that when you are in a group, when you are in front of people, that you look and you notice and you pay attention and you focus on one positive quality that you like about the person. So even if it's a quality of light or some kind of radiance, it's like it beams a positive energy. The magic of this is that when you are looking out and you are appreciating the audience, guess what ... they start feeling an appreciation towards you also.

It's just something about the energy of looking out and smiling and being warm and welcoming and inviting to your listeners that helps them come closer to you and want to be close to you, want to listen to you and want to be inspired by you.

So it all begins with you. In fact, there's a quote that I have in my book and it says, "be the sunshine, bring it everywhere you go." Imagine that the sun shines through you.

So be the sunshine, shine your light on people, see the best about them and just be positive. It's a positive experience that you have this opportunity to be in front of people and share what it is that you want to give to your audience.

Tomorrow I'll be talking about Connection which is the sixth secret and again it has a little bit of something to do with what I've been talking about today. It's a way of being with one person at a time, rather than a whole audience.

The secret is being with one person at a time, and it's a very powerful way to plug in and to connect. I look forward to sharing this with you.