

Fearless Speaking Secret #1: Silence

Being comfortable without any words is powerful. Before you speak, find the quiet, still center point of your being, take one full breath, and ground yourself in stillness. When you speak, make sure to pause and surround your thoughts with space so that your listeners can absorb your words.

Fearless Speaking Secret #2: Presence

Your presence can be even more compelling than your words. Before you speak, bring yourself to this current moment and focus on being in the here now. Leave behind any negative speaking experiences from the past, and don't leap into a worst case scenario. Your presence is magnetic.

Fearless Speaking Secret #3: Available Eyes

Engaging your listeners, eye to eye, is the quickest way to connect and build trust. Gaze softly and look directly into their eyes. Make sure you are open and available so everyone can look directly into your eyes. When you gently pay attention to your listeners, they will feel valued.

Fearless Speaking Secret #4: Listening

When you listen to those who are listening to you, you demonstrate that you care and want to include them in whatever it is you have to say. Learning how to listen while you speak will also help you to hear your own words as they arise and help you to notice how they are being received.

Fearless Speaking Secret #5: Positivity

When you bring a positive light to whatever you have to say, it is easier for your listeners to hear you. Be warm and friendly so that they can relax. And when you look out at them, don't get stuck on negatives; instead, look for something good that you can see in them. This will help you relax.

Fearless Speaking Secret #6: Connection

Be with one and only one person at a time. When you speak to a group as a whole, it dissipates the energy. When you are with a single individual, it's as if you are having a one-to-one conversation. Most people know how to talk to one person, so simply do what you already know how to do.

Fearless Speaking Secret #7: Be Yourself

Your authentic self is what you can bring to every situation where you speak. Tap into your inner voice, be true to it, and discover how you can become a fearless speaker. You are the messenger, and who you are is more important than your words. Let people walk away remembering you!