

There are three universal tools for overcoming fear, stress and angst so you can tell your story



Mindset

- Find a why that's bigger than you
- Establish your goal
- Create rituals that establish calm confidence
- Use mantras or quotes
- Practice mindfulness
- Meditation
- Visualization



Body

- Breathing
- Self care
- Dress for comfort and confidence

Practical Strategies for Telling Your Story Without Fear Stress or Angst

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Delivery

- Tell the story that's right for you *right now*
- Pick a delivery method that works for you
- Develop talking points
- Practice talking
- Practice silence
- Feel the fear, do it anyway
- Simplify your delivery by NOT memorizing

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