

# RECLAIM

# ALL HANDS ON THE TABLE

## BUILDING CONFIDANCE STEP BY STEP

CLAIM YOUR PHYSICAL SPACE GROUNDING YOURSELF PHYSICALLY IS THE FIRST STEP TO VOCAL CONFIDENCE.

# 1

- **THE TABLE ANCHOR:** RESTING YOUR HANDS FIRMLY ON THE TABLE STOPS FIDGETING, OPENS YOUR CHEST FOR BETTER BREATHING, AND SIGNALS STABILITY TO YOUR AUDIENCE.
- **PLANT YOUR FEET:** STAND OR SIT WITH FEET FLAT ON THE FLOOR, SHOULDER-WIDTH APART. FEEL THE CONNECTION TO THE GROUND.
- **EYE CONTACT CREATES CONNECTION:** DON'T SCAN THE BACK WALL. PICK ONE PERSON, FINISH A THOUGHT, THEN MOVE TO ANOTHER PERSON.

# 3

PROJECT WITH INTENTION YOUR VOICE DESERVES TO BE HEARD CLEARLY WITHOUT APOLOGY.

- **THE POWER PAUSE:** DON'T RUSH TO FILL SILENCE. TAKING A BREATH BEFORE ANSWERING A QUESTION SHOWS THOUGHTFULNESS AND CONTROL.
- **ELIMINATE QUALIFIERS:** AVOID STARTING SENTENCES WITH "THIS MIGHT BE A BAD IDEA, BUT..." OR "I'M JUST WONDERING IF..." STATE YOUR POINT DIRECTLY.
- **SLOW DOWN:** WHEN NERVOUS, WE SPEED UP. DELIBERATELY SPEAK SLOWER THAN YOU THINK YOU NEED TO. IT CONVEYS AUTHORITY.

# 2

SHIFT FROM "PERFORMING" TO "SHARING" YOU ARE NOT THERE TO BE JUDGED; YOU ARE THERE BECAUSE YOU HAVE VALUE TO ADD.

- **SILENCE THE IMPOSTER:** REMEMBER THAT YOU ARE IN THE ROOM FOR A REASON. YOUR PERSPECTIVE IS UNIQUE AND NECESSARY.
- **REFRAMING ANXIETY:** THAT BUTTERFLY FEELING ISN'T FEAR; IT'S ADRENALINE. YOUR BODY IS GETTING READY TO DO SOMETHING IMPORTANT. USE THAT ENERGY.

