



10 Ways to Create a Confident Mindset for Speaking

1. **Believe that you have something of value to offer.** Imagine giving your audience a gift and visualize them responding positively.
2. **Visualize yourself giving your speech with confidence.**
3. **Instead of telling yourself you are nervous, tell yourself that you are excited!**
4. **Have a pre-speech mantra** that pushes out negative thoughts and replaces them with positive thoughts. For example, mine is “I am smart. I am powerful. I can make a difference.”
5. **Know that you will make mistakes and fail.** But you won’t die. Failure is just success at learning. You gain wisdom from failure (more than you ever will from success)
6. **Listen to up-beat, motivational music** prior to speaking.
7. **Jump up and down for a minute** or just swing your arms—this can help increase the feeling of excitement (and help get rid of nervous energy)
8. **Get a small win in any area of your life.** Do something you are good at. Confidence compounds.
9. **Stay away from negative, judgmental people,** especially before you speak.
10. **Practice gratitude.** Be grateful for the opportunity, for the audience, for the gifts you already have.

VIRTUAL SPEECH COACH
Elevating Experts' Presentation Skills