



USE YOUR VOICE

BREATHE

Breath is our fuel. Whether we're resting, exercising, working, chatting, laughing, crying... the breath changes to support each activity. Anytime you are about to share something important, blow out all your air, then take a nice deep cleansing breath in. ****Blowing out all your air is just as important as breathing in.****

EXERCISE:

Hold breath as long as you can, release it slowly- recognize the feeling of relief

Sprinkler

Energizing technique (breathe in 6-8 seconds, blow out 4 seconds) – avoid if high blood pressure

Relaxing technique (breathe in 4 seconds, blow out 6-8 seconds)

LISTEN

Listening includes hearing yourself, the people around you and the environment: tone, rhythms, body language, conversations and stories, room's ambiance, etc.

EXERCISE:

Observe three things in one-on-one conversations: article of clothing, family fact, dream.

Gain this information by using all your senses and asking good questions of each other. Recognize how the more attention you pay, the more engaged you are, the stronger connection you'll make. Move on to the next person, etc. Then share the information with your group using step 1 & 3.

FOCUS

Your message must have a beginning, middle and end. So often folks write an opening, have their facts ready, then totally weaken as they try to wrap it up. You must be so focused in your message you can explain it in three words: Let it shine, support our cause, sell more houses, I'm the best, we print faster, our signs rule, practice higher standards, etc. You then filter everything you're sharing through this phrase.

EXERCISE:

Focus on the conversation you had with your colleague, choose a focus to filter all the information and then share that message with the group, i.e.; "Lucinda lets it shine. She believes in the vibrancy of life by wearing vivid colors and sharing her emotions openly. She totally digs her husband and looks forward to their next adventure. She dreams of impacting the world by coaching people to find their own inner wisdom." This is the information you could hear from me if you ask the right questions and then focus your message. I may tell you all kinds of other information, like my favorite food is cheese, but that wouldn't work through the "let it shine" message you've chosen.

LET IT SHINE

Use your voice. Choose to be a powerful speaker. Make your words count. Use your breath as your foundation of stability and energy. Listen to the world and yourself. Focus your message so your audience is engaged, informed and inspired. Let it shine!