



## Module 1:1 Preparation

Research makes clear that avoidant behaviors make stress and anxiety worse. As soon as we get active and start taking charge of the problems and opportunities before us, we begin to feel better.<sup>1</sup>

### Step 1. Rate your anxiety level.

Think of an upcoming speaking opportunity that is giving you some anxiety. It could be anything: a formal presentation, a meeting you will be leading, or even a crucial conversation with another individual. On a scale of 1 – 7, what level of anxiety would you say this upcoming opportunity is giving you? Circle or mark your reaction here:

1 – 2 – 3 – 4 – 5 – 6 – 7

### Step 2. Do some research.

Take at least fifteen minutes to do some research on the topic you plan to cover. Identify three facts about this topic that you didn't know before. These facts may become main ideas in a presentation, data points you want to ask others about, or simply beginnings for more research.

**Example.** In the demonstration video, Ben explored the topic of constructions supply in the Boise, ID market, a topic he knew nothing about. But as soon as he did a little research using reliable sources, he started to get a sense of what the key points might be. Drawing on U.S. Census data and information from the state of Idaho's own labor projections, he learned the following:

Topic: Construction Supply Opportunities in Boise, ID

Three Facts:

1. 2022 Job growth projections in Boise are almost 3x above the national average
2. Construction and construction supply comprises 5.2% of overall employment market, which is *below* the national average
3. And yet, construction is projected to grow almost 40% in 2022 alone!

*Conclusion: With jobs and construction projected to surge, and with construction supply lagging, the data point to big opportunities for the construction supply industry in Boise, ID.*

### Your Topic:

Your Three Facts (identify your source or sources):

- 1.
- 2.
- 3.

### Step 3. Re-rate your anxiety level.

Now that you have some new facts related to your topic, you are probably beginning to feel a little less distressed. Where is your anxiety level now? Circle or mark below:

1 – 2 – 3 – 4 – 5 – 6 – 7

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<sup>1</sup> Dan W. Grupe and Jack B. Nitschki. "Uncertainty and Anticipation in Anxiety: An Integrated Neurobiological and Psychological Perspective," *Nat Rev Neurosci*, [10.1038/nrn3524](https://doi.org/10.1038/nrn3524), <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4276319/>