



## Module 1:2 Visualization

Visualization has become a reliable, evidence-based method for reducing anxiety. It can be especially effective in preparing for a speaking engagement, whether it be a conversation, a meeting, or a keynote address.

### *Step 1: Identify an upcoming speaking engagement.*

Describe an upcoming speaking engagement—formal or informal—that is giving you some anxiety.

Who is your audience?
What is your role and purpose?
Why is this engagement making you nervous?

### *Step 2: Describe your ideal performance.*

Sit or lie in a comfortable, quiet space. Close your eyes and breathe deeply and slowly. For roughly 5 minutes, imagine yourself in the act of speaking during this engagement. Assume you're crushing it. You're fulfilling your goals beautifully. Your audience is engaged.

How are you standing and moving?
What are you doing with your hands?
What does your face look like?
What are you wearing?
How does your voice sound?
What do the faces in the audience look like?

### *Step 3: Imagine the feedback.*

Imagine you were excellent, and you leave the room. The people who remain in the room are discussing you. What words are they using to describe you and your presentation?

List these words here:
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