

STELLAR *Life*

Hosted By *Orion*

Clear, Authentic, and Effective Speaking

10 Point Checklist

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Want to gain as much knowledge as possible out of this episode?
Here is your **10 point checklist** that gives you actionable steps you
can take **TODAY** to start living a Stellar Life!

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10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.**

- ☐ Before speaking on stage remember this acronym - E.A.S.E. “E” stands for energy. Be aware of your energy and make sure that it matches what the audience has.
- ☐ “A” means authenticity. Bring the real you to the stage and be your authentic self when speaking.
- ☐ “S” is for skills. Develop your skills to be 100% effective as a speaker. These include being aware of your words, your voice, your body language, and the energy you project to the audience.
- ☐ “E” stands for engagement. Control your emotions and the audience's emotions. Use your five senses to have a real engagement with them.
- ☐ Exercise and keep your body fit. When you're active, your presence of mind is better and you have more stamina on stage.
- ☐ Avoid food high in sugar and soda before you go on stage. Instead, replace these with water or green smoothies to keep you hydrated.
- ☐ Be confident and not afraid of what other people think of you when you speak. Just be your true self in sharing your message in the world.
- ☐ Destroy the fear of going blank by remembering that you can look your audience in the eye and just have a real conversation.
- ☐ Get rid of “ums” by making them silent and taking a breath instead.
- ☐ Wiggle your toes during your speech to release tension and calm your body and brain during those emergency situations.