

# CONFIDENT PUBLIC SPEAKING

The 7 Steps To Ditch Your Fear And Take The Stage

Workbook Edition



**moxie**  
INSTITUTE

# BRAIN SCIENCE

NOTES:

# BELIEVE IT

NOTES:

# BREATHE

NOTES:

# BODY & VOICE WORK

NOTES:

# BE PREPARED

NOTES:

# BABY STEPS

NOTES:

# **B**E BRAVE ENOUGH TO BOMB

NOTES:

# WE WOULD LOVE YOUR FEEDBACK!

Scan the QR code below to take our super short, super fun  
(okay, maybe not super fun) survey. We promise it's under a minute!



To continue to elevate your professional skills and accelerate your career goals or to just learn more about our industry-leading training and services, you can visit our website, send us an email or give us a call!

We look forward to supporting you on your journey!



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