

### **M** = MOVE YOUR MOUTH

- Vocal Executive Presence
- Pacing & Pausing
- Articulation
- Tone
- Emphasis

### **O** = OXYGENATE

- How to Have a Powerful Voice that Commands the Room
- Why Diaphragmatic Breathing is Key for a Powerful Voice
- How to Breathe Using your Diaphragm

### **X** = 'X'CITE YOUR AUDIENCE

- Non Verbal Communication
- Expressions On Camera and Off
- Command the Space
- How to Move with Conviction Eye Contact & Facial
- Presentation Power Pose

### **I** = IT FACTOR

- Talent vs. Skill
- How to Rehearse-Layered Rehearsal Strategy
- Why Rehearse

### **E** = ENJOY THE EXPERIENCE

- Why We Get Speech Anxiety
- How to Reduce Speech Anxiety with Diaphragmatic Breathing & Visualizations
- Fearless vs. Fear(less) Speaking
- Pre Presentation Speaker Warm Up