

JUST BEFORE THE BIG MOMENT

7 Tips For Clarity And Confidence

The final hours before your virtual presentation move fast. Adrenaline pumps, time dwindles and suddenly you're on. If you're not ready for it, the frantic pace can raise anxiety and undercut your confidence at the worst possible time.

All of the world's best speakers use a pre-show process to make sure they are physically and mentally prepared. When your next virtual presentation rolls around, use the following tips.



1. HAVE BREAKFAST

Your mental alertness depends on it. Eat some protein and hydrate with juices, water, and tea. Eat healthy carbs like fruit or nuts for energy and save the coffee for your post-presentation crash.



2. GET IN THE ZONE

Quiet your mind. Start the morning off with a long walk outside, listen to calming music, or read a chapter of good fiction. Stay away from your email and minimize any stressors.



3. STAND TALL

Shoulders back, head high, hands relaxed.



4. SELFIE TIME

Make sure you look the part on camera. Shirt tucked in. Microphone cables properly hidden. Lipstick even. Hair groomed.



5. BREATHE

Stagefright hits the hardest right before the stream goes live. Deep breathing exercises slow your heart rate and give your body the oxygen it needs to perform.



6. GIVE YOURSELF AWAY

Why is this important to you? Remind yourself why you're doing this, that you have trained for this moment, and that you're a vessel for your message.



7. MEGAWATT SMILE

First impressions form in the 7 seconds after your video turns on and before you've even started talking. Remind yourself that you are excited, not nervous, and smile while looking directly at the camera.

Want to learn more performance tips and techniques? Give us a call or visit our website.

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