

How to Radiate More Confidence than You Feel

with George Torok

“We judge your success by the confidence you exude.”

George Torok

The most common fear

Talent versus Skills

Which is more important?

Key truth of presenting

They don't remember what _____ They remember how _____

Why should your audience feel confident?

5 Confidence boosters before you speak

5 Techniques as you start

How does your audience decide if you are confident?

How to look more confident

How to sound more confident

“You can not be comfortable without your own approval.”
Mark Twain

How to relax yourself and the audience

First Aid for when the nerves strike

General approach to persistent symptoms

The dirty dozen red flags of non-confidence

“The little voice in the back of your head will always find something wrong with you. But nobody else can hear that voice.”

George Torok

Conclude Strong

Feedback

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