



# STAND IN YOUR SPOTLIGHT

**17TH EUROPEAN REGIONAL CONFERENCE IN  
BRATISLAVA**

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# Shalom alekhem!

**Goal:** to empower women to take up leadership roles and to speak up in public, with confidence!



# Prisk Principle



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- ▶ Put your Audience First
- ▶ Remember you are the Authority
- ▶ Inhale Confidence, Exhale Anxiety
- ▶ Share your Passion
- ▶ Keep in the Moment

# Put Your Audience First...

Who are they?

Demographics

What do they want?

WIIFM

Why are YOU speaking?

Presence

How will you engage?

Delivery

**BENEFITS!**



# Remember YOU are the Authority!



- ▶ Videotape your rehearsals
- ▶ Practice Positive Mirror-talk
- ▶ Visualize your Audience
- ▶ Develop Dynamic Slides
- ▶ Roleplay the Q&A

# Deliver Self-Confidence

- ▶ Stand Firmly
- ▶ Move with Confidence
- ▶ Make strong Eye Connection
- ▶ Speak slowly & clearly
- ▶ Use Positive, Open Gestures
- ▶ Smile!

▶ **KNOW YOUR TOPIC!**

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BELIEVE IN  
*yourself*

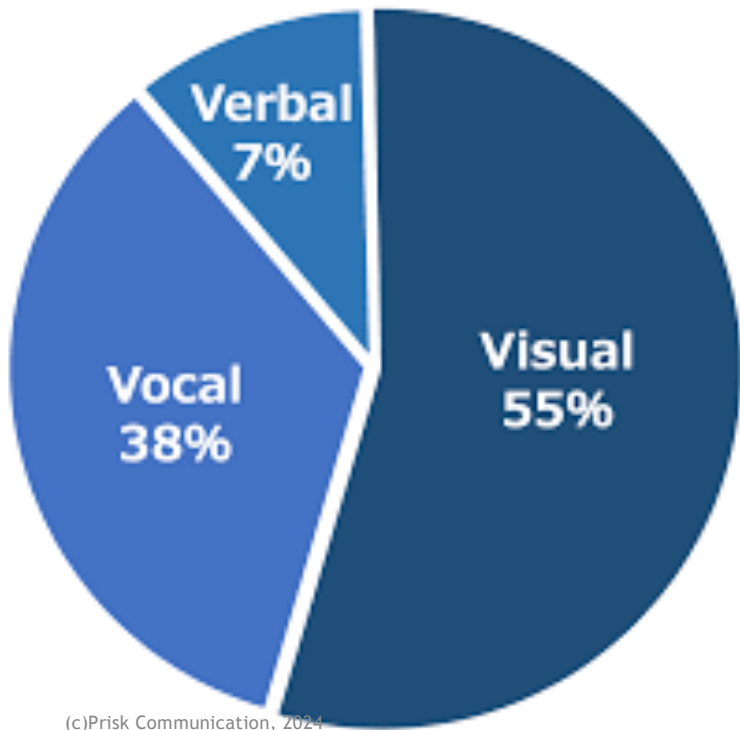
# Inhale Confidence, Exhale Anxiety



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# Share Your Passion!

- ▶ Dr. Albert Mehrabian, Emeritus Professor of Psychology, UCLA



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# Keep in the Moment

Don't allow the voices in your head to take you from your path!

- ▶ Focus...
- ▶ On your audience
- ▶ Your topic
- ▶ Your confidence
- ▶ The benefits &
- ▶ The outcome!

# Stand In Your Spotlight!



- ▶ You are Unique!
- ▶ You are Special!
- ▶ Your Ideas & Abilities are one-of-a-kind
- ▶ Your resilience is your badge of honor
  
- ▶ Stand in your Spotlight and Let your Confidence Shine!

# Toda!

► Thank you for this opportunity!

