

Can Talk – Can't Speak

VIDEO 1

Purpose A new online video course to help you speak under pressure, especially when the stakes are high.

This first video introduces you to the key concepts of the series and gives you a taste of what's to follow in the next 9 videos.

What will you learn from this module?

You will start to become clearer about your reasons for improving your communication or presentation performance and how this course will help you.

Exercises for you alone, or for sharing in a team or group discussion

As you watch the video, what are the first thoughts that spring to mind?

What is the No.1 reason that you are embarking on this online course?

What is the most important improvement you want to make as you progress through the video series?

What feelings arise within you as you think about making an important communication or presentation?

How does your performance change when you believe that you are under pressure to perform well?

How would you describe your state and performance when you are being most authentic, in any aspect of your life?

In what ways do you believe others would describe your state and performance when you are being most authentic?

When you stumble, how does it make you feel?

How do you think it looks and sounds when you stumble?

What tips have you gained from watching this video that you want to note and remember?

Note any other thoughts that come to mind here ...