

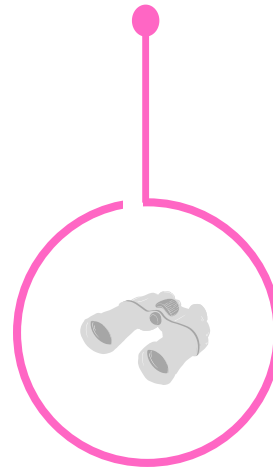
## Create mental space

Allow yourself to breath and think.



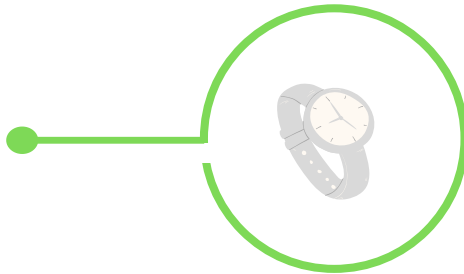
## Prepare

Always be over-prepared. Plan what you want to say and how you want to show up.



## Pick a good time

Pick a time when you can focus and concentrate.



# LANGUAGE CONFIDENCE CHEAT SHEET

 opinpoint.com



## Practice

Practice out loud. Get familiar with your voice. If you get stuck, repeat over and over again.

## Keep it simple

Use easy to understand sentences, even if it is a complex idea.



## Do not pretend

Show up with your true identity.

