

Picture Your Next Performance – From Wobbly to Wonderful!

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Picture yourself in a room teeming with people. Several hesitant newcomers hug the worn out walls, while more arrivals pour in. A melodic hum of conversation fills the air is too cool by your standards. As you look around the room and pick parts of the conversation, it becomes apparent that each person is preparing to share a story, is telling a story, or listening to a personal story. From the people and their clothes, it's clear that professional etiquette defines the rules. You guessed it...you are at a ubiquitous networking event. As you take in the experience of the room, you think about your story and that it should include who you are, what your business is, and how you can help. Trying hard to remain calm, an inevitable chill runs up your spine. You wonder, did the cool air trigger the chill or is it nerves?

As the person next to you introduces themselves and launches into a 90 second 'elevator' speech your mind is busy juggling. Like a ball you toss your attention hand to hand – listening intently on one - mentally rehearsing on the other.

Just when you think you've captured the essence of your story it happens! OH NO. ...not again!

You feel your heart pounding hard in your chest, breathing becomes difficult and your mind is overwhelmed with the rush of images and voices in your head. You are consumed and feel transported to a place where you feel lost, scared and want to run away. The room and the people disappear and you feel paralyzed. Like the engineer in a runaway locomotive heading downhill at full throttle you're frantically looking for the brake handle.

Has this ever happened to you? Did you wonder 'what's going on!?' And, 'How can I make this STOP?' Well, you may be surprised and delighted by the answers to these questions.

Recent studies have shown that when it comes to what you say and how you act, your conscious mind is not necessarily in the driver's seat. For example, the decision to read this story happened seconds before you became aware of your intention to do so. This gap in unconscious and conscious processes was discovered over 25 years ago, when scientist Benjamin Libet showed that your brain decides future actions a fraction of a second before you become consciously aware a decision to act has been made. More astounding is a study released in May 2008 by John-Dylan Haynes, Professor at the Bernstein Center for Computational Neuroscience in Berlin where an even greater gap of two to ten seconds was identified between unconscious and conscious awareness. These studies help to explain how physiological changes can sabotage your performance during challenging situations -- such as preparing to speak in public.

What if you were to think of your unconscious as your '*sensory inner guide*' where all your past history is stored? This acutely aware inner guide remembers the physiological sensations you felt when you last spoke in front of a crowd of people. If the experience of speaking is unpleasant to you – your inner guide remembers and will try to stop you from repeating what didn't feel good!

That these overwhelming sensations are similar to how you feel when you sense danger is no coincidence. Your body is designed to protect you and in this case the strong internal sensations are telling you to 'flee'.

So, what can you do? Well, when it comes to public speaking the magic is in finding your voice. And the next step is developing a presentation. Whether you want to deliver a 90 second introduction or a 45 minute keynote, today's speakers use a creative process with a two pronged approach.

The most commonly used method to prepare for public speaking is a structured, 'left-brain' and logical process of writing out a script, memorizing and practice, practice, practice. Here are steps that can help:

1. Write out your speech/presentation. As you write, say each sentence out loud and check that your script is verbally friendly. Pay close attention to words that trigger your '*sensory inner guide*'. Keep practicing until the words *feel authentic*. An authentic message will trigger a deeper connection with your audience. Take the time you need and choose your words carefully to avoid losing your audience and damaging your credibility.

TIP: Use a mini-recorder.

2. Practice in front of a mirror. Practice your speech with written notes once or twice and then by memory. When you can complete your presentation without checking notes, your '*sensory inner guide*' will recognize that you are ready and your presentation will feel natural.

TIP: Create anchors during your 'dress rehearsal' by playing your favourite music and wearing the clothes you plan to wear for the presentation.

3. Prior to presenting, practice once or twice, no more. When thoughts and words are in line with intentions a collision will occur and your charisma will begin to unfold naturally. You will know when you are ready when the words flow off your tongue effortlessly.

TIP: Trust your unconscious '*sensory inner guide*'. Just as your unconscious has the tacit knowledge stored inside you to drive a car, your unconscious mind also knows your speech *by heart*.

4. Keep Smiling!

TIP: Remember to have fun. This is fun you know!

Ok -- so now you know the secret system to presenting. There is no secret. You just need to do the work!

Wait! There's more. What if.....?

What if you've done all the steps and still freeze up at the mention of speaking in public? You still have doubts and fears and are looking for something more? If you are asking these questions, you may be ready to develop a strong connection with your *sensory inner guide*. After all, who else is going to support you, but you? The good news? You may be surprised and delighted by how easy it can be.

One of the newest and most advanced approaches in the genre of personal development is **'State Mastery'**. For activating states of mind and body for 'on the spot' high performance, professionals, leaders and speakers now use the very latest of New Code NLP techniques.

NLP (Neuro Linguistic Programming) was developed in the 1970's at the University of California, Santa Cruz as a technique to capture and model the behavioural patterns of selected geniuses in their fields. New Code NLP is the next generation of personal development processes in the NLP field designed by NLP co-founder John Grinder and Carmen Bostic St. Clair.

New Code NLP **'State Mastery'** techniques are highly effective holistic processes for you to create the high performance states and changes in life you desire. Transform that previous unresourceful experience into something else and create choices for changing that are easy and fun!

By applying specific techniques as described in New Code NLP – you can prepare yourself to perform at the performance level of your intention well in advance of future performances, activities or challenges. Following a New Code NLP exercise you can quickly and effectively let go of unresourceful states holding you back. Learn to perform at your best and enjoy the changes in your performance and behaviour by moving away from 'wobbly' to a state of 'wonderful'!

Discover NLP techniques for **'State Mastery'** and high performance visit www.holisticdirections.com .

Jump in to a 1-2-1 NLP coaching session – warning: quick and lasting changes will occur **'on the spot'**.

[Check dates](#) for the next New Code NLP introductory seminar.

"Make the most of yourself, for that is all there is of you."

Ralph Waldo Emerson