

# CWH Facilitation & Public Speaking



# What are some things you do to calm nerves, find confidence, and center yourself before you show up for others?

I usually have a prayer moment.

**breath deep**

Taking deep breaths and positive affirmations!

I usually make sure I have something to eat or drink

**Listen to focus music**

Breathing and body movements that release energy that does not serve me.

**Get a workout in that morning**

**review the agenda**

Definitely take care of any physical needs.

Quick meditation

**Stretch and take deep breaths**

Review my notes and make sure that all the technology is working.

Meditation and creative visualization of the session

I do a small rehearsal, the day before, in front of a mirror, and Pray!

If possible, try to engage with the audience before the start of the meeting/presentation.

Use my essential oils. Lavendar always calms my spirit.

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**Listen to music**

**Take a walk or stretch**

Review some main points I will cover.

**Get some fresh air and move my body**

# What are some ways you like to ground in?

Type  
text  
here!

Use  
icebreakers

Say "hi" and  
welcome  
people to the  
meeting

I like to greet  
each person  
as they join  
the meeting.

Put something in  
the chat about the  
icebreaker, which  
gives them time to  
think about it before  
starting to share.

I welcome you  
with  
enthusiasm  
and then I do  
an Ice breaker!

3 centers  
check- one  
word for your  
heart, mind  
and body

Ask folks  
where their  
hearts are  
coming into  
the meeting

Ask people if  
possible to let  
their phones,  
email etc. go  
for our time.

Greet  
everyone  
with a  
smile! :)