

EFFECTIVE PUBLIC SPEAKING

Begin with your favorite induction and deepening technique and proceed with the following:

As you go deeper into relaxation, you are realizing that you are a constantly growing and maturing person.

You are becoming aware of the strength and abilities that have developed within you. You are feeling a sense of confidence in your ability to achieve the goals you have chosen for yourself.

You are learning to believe in yourself. You appreciate yourself. You do good and kind things for yourself. You meet each situation as it comes with calm and quiet assurance. You are making contact with the center of wisdom and power within you, which knows what to do and how to do it.

Whatever you say, whatever you do, is said and done with complete confidence and self-assurance. You walk with a spring in your step; your head is held high. You see the beauty of life around you.

People respect you because you respect them, and you respect yourself. You have confidence in your own judgment. you are honest and dependable. You can and you do move forward from one positive achievement to another.

People are aware that you like them and they sense your good will. You are cheerful and enthusiastic. You attract friends because you are friendly, sincere, and honest.

Your personal integrity is felt by everyone you meet. Each day you meet new and interesting people. As you approach people for the first time, you feel warmth and friendship for them.

You smile and your friendly greetings express your sincere feelings for them. You know that people seek you out because you are unique and you revel in their acceptance of you. People respond to your personal integrity.

Your special personality and friendliness draws people close to you, just like a magnet attracts iron filings. You are a happy person, full of imaginative thoughts that pour forward constantly.

Each day you feel more lovable and more interesting. You then become more interested in others. You recognize and accept the friendship that people offer you, for you truly deserve it.

You have a deep and sincere respect for yourself and for your personal worth to others.

You like people and you enjoy being with them. You are poised and confident when talking with new acquaintances or old friends. You are secure and relaxed when you are with people.

You especially enjoy speaking to people. People are aware that you like them and return that feeling to you. People like you and like to listen to you speak. People enjoy your company.

You are at ease when you are with people. When you stand before a group of people, you are filled with feelings of friendliness for them. You enjoy interacting with them. You feel their friendliness toward you.

You experience a feeling of warmth and friendship flowing from the members of the audience to you. You have the feeling that they are on your side.

You are so interested in them that you feel a warmth of personal friendship with every member of your audience.

As you speak, you are perfectly poised, self-possessed and completely free in your expressions. You feel at ease. Y

ou present your ideas in a clear, brief and direct way. Your ideas are quickly understood and accepted by others. Your mind is clear; your wit is quick; your lips are flexible and your mouth is moist.

Your breathing is deep and from the diaphragm. Your hands are poised and calm; your gestures flow spontaneously and freely. You speak easily, always giving a clear word picture of the thought you wish to convey.

You are poised and in control of the situation. Your legs are strong beneath you. You are comfortable and peaceful. You are secure and confident as you speak.

You speak spontaneously, sincerely and freely, clearly expressing your meaning and your feelings. At any time when you speak, whether it is to a large audience or to small groups, as you begin, you feel this warmth and friendliness from your listeners.

As you begin, you feel their friendliness directed to you. You are totally confident. You're perfectly at ease. As you begin to talk, you have the undivided attention of the audience and it makes you feel good.

You speak freely and fluidly with the full release of your skill and your talent. You thoroughly enjoy speaking to an audience. Whenever you feel you can add a

new viewpoint to interesting facts to a discussion, you speak openly and confidently.

You communicate effectively and powerfully at all times. People seek your opinions on a variety of subjects. You deliver information in an interesting and witty manner.

You have a special talent for expressing your thoughts and ideas vividly with an enthusiasm that favorably impresses everyone who hears you, whether speaking publicly or one-to-one.

When others speak, you listen and learn from them. You see their point of view. You express your ideas in a positive way whenever possible. When you speak your voice is strong, calm, and vibrant.

Your mind flows with concise and powerful messages whenever you will it to do so. Your voice is pleasant to hear. People are eager to hear what you have to say because you are so alive and vibrant.

The friendship within you radiates outward to touch each person with whom you come in contact. You ask questions whenever you don't understand.

You state your opinions whenever they are asked or whenever it is appropriate for you to express them. People respect your opinions because they recognize that they are honest and well-thought out.

You speak spontaneously, sincerely, and freely, clearly verbalizing your thoughts and feelings. When there is nothing for you to say, you simply glow with an inner radiance, showing honesty, empathy, and concern.

You are so interested in people, you stimulate them to fully express their view before you speak. When words are inadequate, you act out the emotion that you feel. You demonstrate a level of maturity and perception which is unique.

When you are called upon to direct a meeting, you are relaxed and in complete control of the situation. Your face reflects an inner calm, a sense of well-being and self-assurance.

Your conversation is bright and sparkling as well as informative. Your talent for expressing your thoughts vividly with enthusiasm favorably impress everyone.

Your extensive vocabulary, your fluent speech, and your clearness of thought causes a quiet authority to flow from you. Your powerful memory serves you well.

Your manner of speaking inspires confidence in others and causes them to have a good opinion of you.

Each of these ideas is now making a deep and permanent impression on your subconscious mind. Each day in our life you become more and more aware of the full, powerful, positive expressions of these true concepts.

Now I am going to count from three to one, then I will say the words “personal success;” this is the time to program your imagination with scenes that represent our personal success. This is the time that you can now see yourself thinking, feeling, acting in that personal success.

All right, get ready now ... three ... two ... one ... “Personal Success.”

From this time forward, with each passing day, you become more and more aware of a wonderful feeling of personal confidence, confidence in the realization that each day brings you one step closer to your goals. Each day is a vital step in your problem-solving, in developing the motivation to change your behavior, to move yourself toward your highest potential so you may now begin to enjoy a fuller, richer, more expressive life.

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