



Mini Speaking Course

Confident Speaking

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Welcome to Speak With Confidence -

The Mini Speaking Course

Why mini course? It's because I wanted to create a short course for you that gets results and gives you a system for building your confidence. Many courses are long, consisting of maybe 10 modules or more. Consequently, users can get overwhelmed and give up after listening to a couple of modules. This course is short so you will finish it. As a result your speaking confidence will multiply.

Public speaking confidence is not something you are born with—it is a skill that can be learned, trained, and strengthened. Many people struggle not because they lack ability, but because they have never been shown a clear, practical system for building confidence step by step. This course is designed to give you that system.

An Outline of the Course

The Foundation – A Positive Mindset

First of all you will develop a confident mindset which is the foundation for good speaking. Then you will learn three methods that you can use to quickly develop your confidence. These are:



1. Breath
2. Body language
3. Visualisation

Three Shortcuts to Confidence

Breath



You will learn how to breathe correctly, which is important for a powerful voice. Also, you will learn different breathing techniques for becoming grounded and for boosting your confidence.

Body Language



How we feel on the inside is reflected in our body language. For example, if you feel timid on the inside then your body language will also look timid but, if you feel bold on the inside, then your body language will look bold.

The reverse is also true. If you adopt a confident pose then you will begin to feel confident on the inside.

In this video you will learn techniques that will help you to build your confidence, using your body language.

Visualisation



Athletes use visualisation by picturing themselves winning a race. In the same way speakers can visualise themselves making great speeches and receiving standing ovations. The result is that you will be more confident when you step on the stage.

The Course

Part 1

The Foundation - Develop a Positive Mindset

[Click here](#) to watch Video # 1, "A Positive Mindset" or copy and paste this link into your Browser, <https://rumble.com/v752opy-mindset.html>

Part 2

Correct Breathing

[Click here](#) to watch Video # 2 , "Correct Breathing" or copy and paste this link into your Browser, <https://rumble.com/v752pdq-correct-breathing.html>

Body Language

[Click here](#) to watch Video # 3, "Body Language" or copy and paste this link into your Browser: <https://rumble.com/v752pp4-body-language.html>

Visualisation

[Click here](#) to watch Video # 4, "Visualisation" or copy and paste this link into your Browser: <https://rumble.com/v752q28-visualisation.html>

Bonuses

Reset Your Confidence

[Confidence Reset Ritual](#) - [Click here](#), make a copy and download it. Review it often.

[Wallet Card Size Confidence Reset Ritual](#) – [Click here](#), download it, print it out and keep it in your wallet. Review it before a speech.

Visualisation

[Beach Visualisation Audio](#) – [Click here](#) , make a copy and download it. Listen to it frequently.

Body Language Presentation

[Click here](#) to watch a presentation **about body language**, or copy and paste this link into your browser: <https://rumble.com/v752qmi-body-language..html>

Next Steps



Unlock the art of confident communication with this eBook containing over 100 pages of tips about how to overcome the ten biggest challenges faced by public speakers. Topics include, how to prepare a speech, use of vocal variety and how to structure a speech.

It is accompanied with a workbook, containing exercises that will help you to build your confidence, overcome fear, engage your audience and deliver speeches that inspire and persuade. [Click here](#) for more information.