



Unleash Your Potential

NLP TRAINING & COACHING | CHANGE YOUR THINKING—CHANGE YOUR RESULTS

Trainer's Stance—Presenting Confidently

In Neuro Linguistic Programming (NLP) we know that what we think and what we do with our physiology (our body) impacts how we feel. Confidence is simply a feeling. So, if we can get our thought processes in the right place and stand correctly, we stand a great chance of positively impacting how we feel.

Below are the steps to standing in such a way that you feel the most confident when presenting or public speaking:

1. Feet shoulder width apart (weight evenly distributed into both legs)
2. Knees relaxed
3. Hips facing forward (neutral)
4. Stood tall (thread from back of head)
5. Chin up
6. Shoulders relaxed
7. Hands grazing your thighs

