

# Cross-Check Before Departure

## 7 Steps to Soar On Stage

The final hours before you take the stage move fast. Adrenaline pumps, time dwindles and suddenly you're on. If you're not ready for it, the frantic pace can raise anxiety and undercut your confidence at the worst possible time. **Next time, take a cue from the aviation industry and give yourself permission to fly.**

Before an airplane leaves the ground, that tedious pre-flight routine has to take place. Passengers are eager to get in the air, but routines make sure nothing gets missed. Likewise, the world's best speakers employ a pre-show routine to make sure all systems are go before takeoff. When your next big day rolls around, stick to your routine and soar. Check out some of our recommended steps below and incorporate the ones that make sense for you.



### 1. BREAKFAST OF CHAMPIONS

Your mental alertness depends on it. Eat some protein and hydrate with juices, water and tea. Eat healthy carbohydrates like fruit or nuts to keep up with the long day, and save the coffee for your post-presentation crash.



### 2. GET IN THE ZONE

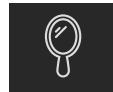
Quiet your mind. Start the morning off with a long walk outside, listen to calming music, or read a chapter of good fiction. Stay away from your email as much as possible and minimize any stressors that crank up negative voices and self-doubt.



### 3. STAND TALL

When you feel more powerful, you present with more confidence and credibility. Our bodies change our minds, the mind changes behavior and behavior changes outcomes. Shoulders back, head high, hands out of your pockets. Elevators are a great place to practice.

**Want to learn more performance tips and techniques like this? Give the MOXiE Institute a call. We'll develop a custom plan to capitalize on your existing strengths and sharpen your edges wherever necessary. Call (619) 992-6242 Today!**



### 4. MIRROR, MIRROR

Make sure you look the part. It sounds obvious, but it's an easy step to skip amid all the chaos. Shirt tucked in. Microphone cables properly hidden. Lipstick even. Hair groomed. Appearance is a pillar of executive presence; make sure it's as strong as your content.



### 5. BREATHE

Stage fright hits hardest right before you go on stage. Deep breathing exercises slow your heart rate and give your body the oxygen it needs to perform. The fight or flight mechanism is hardwired into our brains, but a few long inhales through the nose will do wonders.



### 6. GIVE YOURSELF AWAY

Why is this important to you? Remind yourself why you're doing this, that you have trained for this moment, and that you're a vessel for your message. Turn your energy from inward to outward and give it to your audience. It's about them, not you.



### 7. MEGAWATT SMILE

The audience will form their first impression of you within 7 seconds. Typically, this is during your walk to the stage and before you've even started talking. Remind yourself that you are excited, not nervous, and pick three people to smile at on the way to center stage.