

# The Confidence Kickstart Kit

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7 Proven Techniques to Speak with Calm, Credibility, and Charisma — Even If You're Freaking Out Inside

This guide is for anyone who wants to stop dreading public speaking and start showing up with executive-level presence. Use these strategies right before a presentation, high-stakes conversation, or any moment where confidence counts.

## 1. Grounding Exercise: Calm Your Body Fast

Step-by-Step:

1. Stand with both feet flat on the floor, shoulder-width apart.
2. Let your arms rest by your sides. Unclench your hands.
3. Take a slow breath in through your nose for 4 seconds.
4. Hold your breath for 4 seconds.
5. Exhale slowly through your mouth for 6 seconds.
6. Repeat this cycle 3 times.
7. While breathing, say to yourself silently: "I am grounded. I am steady. I've got this."

## 2. Power Pose: Use Your Body to Trick Your Brain

Step-by-Step:

1. Find a private space where you won't be disturbed.
  2. Stand tall. Feet shoulder-width apart.
  3. Place your hands on your hips (Wonder Woman style) or raise both arms above your head in a 'V'.
  4. Hold the pose for 2 full minutes.
  5. Breathe slowly and confidently while visualizing yourself performing at your best.
- This increases testosterone and decreases cortisol—the confidence hormones.

## 3. Identity Reset: Tap Into Pride Instead of Panic

Step-by-Step:

1. Right before you speak, pause and ask: "What am I most proud of in my life right now?"
  2. Let that image or memory flood your brain. It could be a project, your family, your growth.
  3. As that emotion builds, use it to remind yourself: "I've done harder things than this."
- Confidence grows when you remember who you are—not just what you're doing.



#### **4. Anchor a Win: Replay a Personal Victory**

Step-by-Step:

1. Close your eyes and think of a time you crushed it—on stage, in a meeting, or in life.
2. Visualize what you saw, heard, and felt.
3. Recreate that moment: your posture, your voice, your presence.
4. Hold your hand in a specific way (fist, thumb-to-finger) while you feel the win.
5. That physical anchor can be reused right before your next high-stakes moment to trigger the same confident state.

#### **5. Breathe in Calm: Box Breathing Technique**

Step-by-Step:

1. Inhale through your nose for 4 seconds.
  2. Hold your breath for 4 seconds.
  3. Exhale slowly through your mouth for 4 seconds.
  4. Hold again for 4 seconds.
  5. Repeat this cycle 4–5 times.
- This slows your heart rate, reduces tension, and re-centers your focus.

#### **6. Cue Word: Trigger Instant Confidence**

Step-by-Step:

1. Choose one powerful word that captures how you want to feel: examples include 'Ready,' 'Strong,' 'Unshakeable,' 'Magnetic.'
  2. Say this word out loud 3 times while standing tall and breathing deeply.
  3. Repeat this cue silently in your head as you walk on stage or enter a room.
- Over time, this word will become a mental trigger that primes you for confident action.

#### **7. Visualize the Outcome: Mentally Rehearse Success**

Step-by-Step:

1. Close your eyes and imagine yourself delivering your message smoothly and powerfully.
  2. See the audience responding positively—nodding, smiling, leaning in.
  3. Picture yourself finishing with impact and walking away proud.
- This mental rehearsal builds confidence by telling your brain: 'I've done this already.'