



Cool, Calm & Connected

...every time you speak

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EVENTS CALENDAR

From Feb 1, 2011
2 Coaching Programs

DIY – e-learning.
Do It With
Geraldine
(Phone, Skype,
Face)

Feb 19 – Apr 2, 2011
7 Week Course
Face to Face Group
Byron Bay Area, NSW

June 17-19 2011
3 Day Intensive
Byron Bay Area, NSW

October 2011
4 Day Retreat
Women Only
North NSW, Australia

Quick Survey

What's Your Biggest Public Speaking Fear?

- Boring people
- Appearing nervous
- Going blank
- Exposing too much

It is a "must do" to explore the public speaker waiting to be released from within.

Cool, Calm & Connected Ezine

For People Who Work With People.

Email the Goddess Of Public Speaking for help with communication & interpersonal etiquette for your sticky situations.

March / April 2010

Published by Geraldine Barkworth every 2 months & emailed to confidential subscriber lists.

Back issues: [are available here](#)

Dear Goddess Of Public Speaking:

**" When I am in the clinic with clients, I am fine, not nervous...however, in groups, at networking and social gatherings, it's very different. I feel blank, overwhelmed and don't know what to do with myself, except leave!"
DM, Naturopath**

"Group Ease, Not Freeze"

Dear DM,

If you perceive a situation to be different, then you will feel and act differently in that situation. That's how you can be nervous in one situation and full of confidence in another.

What if you felt as at ease and in your power when working with a client one to one, as you did when in groups, networking or social gatherings? How would the experience be different for you?

One to one, especially on your terms and in your territory, can be perceived as "safe" because it is more familiar, predictable and controllable. Groups and gatherings on the other hand, may be perceived as unfamiliar, unpredictable, beyond your control and therefore, "less safe."

Some people perceive this experience in reverse:

- One to one – not enough challenge, predictable, too intimate and limiting.
- Groups and gatherings – exciting, less pressure and new opportunities for expansion.

The secret to feeling at ease in groups (as you do with one to one) is to recognise that these situations share two things in common:

1. You are still you. You bear the same level of expertise, life experience and personal



Geraldine Barkworth
Wholistic Public Speaking Coach,
Australia

FREE E-NEWS

Your Public Speaking problems solved by The Goddess.

- Quirky, Practical, Fun & Thought-Provoking.
- Read How The Goddess Of Public Speaking Solves The Challenges of Interpersonal Communication

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What's Your Biggest Public Speaking Fear?

- Being judged / mocked
- Feeling Unheard
- Answering questions

Vote

Results

NERVOUS?



Learn to manage speaking nerves with the Inner Calm exercise.



strengths and foibles.

- You are still sharing a room with other fallible human beings. In all situations, people want to be seen, heard and understood. They want to connect with you meaningfully.

There is an exception to this – avoid the “Air Kissing Darling How Are You?” sect, especially at social gatherings where they are definitely not looking for anything meaningful. They can often improve on a one to one basis, however.

If you recognise your comfort zone is now too comfy and looking a bit threadbare, it's time to adjust your boundaries. To make the transition from one to one comfort to groups and gatherings:

- Take a deep breath and ground yourself in your body.
- Remind yourself that you are still you (there's no need for you to change) and that you are still sharing a room with other fallible human beings.
- Talk to one person at a time with your full and gentle attention. Don't keep scanning the room in case there's "some one better over there", otherwise you receive instant membership to the “Air Kissing Darling How Are You?” Sect.
- If the person you are talking to isn't present and committed to you, then let them move on. A meaningful connection was never going to happen here any way.
- Don't forget to check out the food or the view. Often the most interesting people avoid crowds and prefer cheese and fresh air. Not that there is anything wrong with that.

So dear DM, when you attend groups and gatherings, imagine that they are an extension of your clinic (in which you feel strong and confident) and filled with all kinds of people who need your help. And that dear DM, is your forte.

What's New

- Communicate Connect**, 7 Weeks to healing your fear of public speaking. Course begins May 1, 2010, Saturday afternoons, 2 – 4pm, Bangalow, NSW. \$320.
- 3 Day Intensive, Fast Track Public Speaking For Professionals.** June 25, 26 & 27, 2010, Fri, Sat 7 Sun, 9am – 4.30pm, Bangalow, \$650.

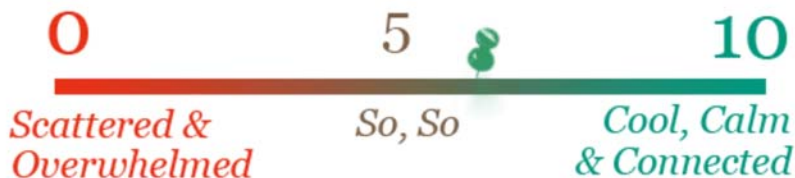
Visit the Cool, Calm & Connected 2010 [Calendar of Events](#) and book your place now.

Cool, Calm & Connected Barometer

Ok, time to press the “Pause Button” and spend a moment on your personal and professional development. Rate how calm and present you are feeling right now between 1 and 10.

To speak and lead with natural ease and authenticity, aim to be as close as possible to “10”.

If you need a boost, try Cool, Calm & Connected's Inner Calm exercise



Wordplay

Inspire

- to inhale
- to influence or animate with an idea or purpose

Sample Sentence: "In a Texan drawl she gasped, "Sir, you do inspire me. I shall release my corsets immediately."

Pronunciation: ihn-spalr

Become eloquent, articulate and accurate in your choice of colourful words, every time you speak.

<http://dictionary.reference.com>
<http://www.wordsmyth.net/>

The Calm Kit



\$16.95

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Possible Origin: Latin, "Inspirae" – to breathe in.
Synonyms: kindle, enliven, move, induce, elate, lift, spur.

New Format Feedback

The January / February 2010 Cool, Calm & Connected issue was the first issue in which the Goddess Of Public Speaking chose to bestow her wisdom to help us mortals with our communication sticky situations.

Here are two comments from Cool, Calm & Connected subscribers:

"Goddess Of Public Speaking"... it's a bit ladyshave isn't it?" !!!
Graham

" Your Wordplay word, Mellifluous is a beautiful reminder that we need to bring back those adjectives into our speech and our writing. The world is too bland and too "abrvted" with texting and emails. Keep up the good work, your work is important and always a breath of fresh air in this stodgy, "ordinary" world of government, business, commerce and wherever people work."
Salutations, Marilyn



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