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...every time you speak

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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

"I'm 100% more confident!"

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.

May / June 2010

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

Back issues: [are available here](#)

Dear Goddess Of Public Speaking:

" I'm in my element leading a group or attending a meeting... but if I have to spend one on one time with a friend, I feel so uncomfortable I keep leaping up to find extra things to do. I'm ok being an ice cube in a tray (especially if I'm the head ice cube) but what happens when we melt and all turn into water – who am I then?" TW, Business Advisor

"The Ice Cube Dilemma"

Dear TW,
Thank you for asking the eternal question, "Who am I?"

In our work and status obsessed culture, it can be hard to define yourself beyond your primary role. So when you step out of it, who are you? How do you act without the clear boundaries of the ice tray? And heaven forbid, how can you avoid melting into other people and losing yourself entirely?

I see 3 main issues:

1. Over-identification with a primary role
2. Being busy with being busy
3. Discomfort with intimacy

TW, you are not alone. This is a common problem. When you spend time with just one person, they act as a kind of mirror. When you are uncomfortable with yourself, that discomfort is reflected right back. Dang! That's why for some people it's easier to be with a group. There is less pressure to slow down, talk about yourself and feel your feelings, because the dynamic of the group takes precedent over the needs of the individual.



Geraldine Barkworth
Wholistic Public
Speaking Coach,
Australia

FREE E-NEWS

Your Public Speaking problems solved by The Goddess.

- Quirky, Practical, Fun & Thought-Provoking.
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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.



Organised groups have clearly defined roles and boundaries; you know how far you can go and what is expected. Groups usually have a defined purpose or goal ("we're here to arrange this conference") and even a timeframe ("let's finish at 2.45pm").

One on one however, can be discombobulating for those uncomfortable with leaving the safety of the ice tray. Here's what I suggest you practice when you know you're going to spend some personal, non-work related time with a friend:

- Be clear about your purpose / outcome for your time together (goal).
- Have an exit plan and clear boundaries (timeframe).

Sample Scenario

You will meet your friend at a pub after work. Agree on the times and general plan in advance (eg meet at 5.30pm, eat a meal, leave by 7.30pm.) Your purpose is to relax and catch up with the latest news of each other's lives and eat together.

It might sound strange or even a bit cold to treat spending one on one time with a friend like a meeting agenda, but if you are struggling or avoiding friends, then practise this exercise a few times as a kind of transition to:

- Exploring other roles you can play in your life,
- Letting go of your To Do List (future concerns) and focus on becoming present,
- Relaxing into just "being with" your friend and not having to entertain, justify or fill in any empty spaces.

TW, you are already terrific with groups...let's take those same skills and apply it to one on one. In other words, focus on what is currently working for you with groups and transfer those skills to being one on one with a friend. With some practise, you'll become adept at both. And as a bonus to allowing yourself to "melt into others" TW, you will become even more effective with groups.

What's New

3 Day Intensive, Fast Track Public Speaking For Professionals.
June 25, 26 & 27, 2010, **SOLD OUT**

5 Day Transformational Speaking Retreat for Women only.
October 16 – 20, 2010. Byron Bay area. 5 places still available.
If you are finally going to learn public speaking, why not do it in comfort & style?

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

Cool, Calm & Connected Barometer

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

Barometer

Rate between 1 and 10 how cool, calm & connected you are feeling right now.

When you speak and lead with natural ease and authenticity, you will be closer to 10. When you feel scattered, distracted or unconfident, you will be closer to 1.

1	3	5	7	10
Anxious	Unsettled distracted or jittery	OK can handle most things	Confident and competent	Fully relaxed in the flow of the moment

What To Do: If you are above a 7 today, notice what's working well and keep doing it. Accept that daily variations in confidence and clarity are normal and natural.
If you are below a 7 today, practise the 6 minute Inner Calm exercise.

Wordplay

Thankyou Fiona Blackburn, Northern Territory, Australia for:

Be eloquent & accurate every time you speak.

The Calm Kit



\$16.95

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"discombobulate"

To confuse, fluster, disconcert, upset, frustrate.

Sample Sentence: "The speaker felt discombobulated by the question from the audience; his self confidence slip, slip, slipping away."

Pronunciation: dis-com-bob-u-late

Possible Origin: 1825-35, Americanism, fanciful alternative of "discompose" or "discomfort".

Email Geraldine with your favourite
Word

<http://dictionary.reference.com>

<http://www.wordsmyth.net/>

New Format Feedback

*Just loved your new e-zine - I ate it all up in a minute!
Sending you lots of love. Patt Gregory, www.woodworkforwomen.com*

*howdy goddess geraldine mate
my god i put you preciously to one side and lo and behold you just up and
disappeared
slipped down between the cracks in my cyber holding bay
another fissure in my overloaded universe*

*poof you disappeared just like that
not even the standard puff of smoke
gone*

*then of course what arrives attached to my inbox yesterday
but a compact little ezine choc full of mellifluous mirth
and a gentle reminder for me to oh yeah i remember
the goddess wanted me to emblazon her world with niceties
easy fixed*

*my trusty galleon is back on course
the storms have abated
deepest thanks for your help in charting my way
the voyage has never been better
love Chris*



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