



ENGAGING MEETINGS AND SPEAKER ANXIETY

Calm your nerves, involve your audience, and keep their attention

Today we're faced with challenging meeting dynamics (virtual, hybrid and in-person). Unexpected interruptions and technical glitches can drive our anxiety to high levels while disrupting the audience's ability to pay attention and remember our messages.

Burst's "3Es" (Eye Contact, Energy, and Engagement) of communication improves attention span and opens the brain's "mental gates" so that your message is heard and remembered.

In this fun and interactive session, our coaches equip you with tools to calm your nerves, engage your audience, and deliver a concise and memorable message.





TOPICS INCLUDE:

1. Meeting guidelines (virtual, hybrid, and in-person)
2. Techniques for calming speaker anxiety
3. Engagement tips that keep attention spans high

AGENDA:

- :00 - :15 Eye contact, energy, and engagement
- :15 - :25 Understanding attention span / "mental gates"
- :25 - :35 Reducing speaker anxiety
- :50 - :60 Recap and key takeaways

COMMUNICATION ESSENTIALS LEARNING PATH

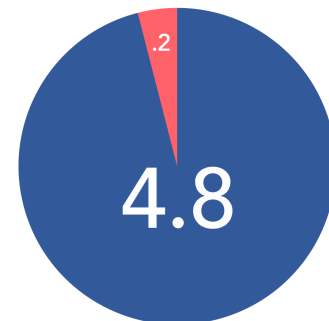
-  **Engaging Meetings and Speaker Anxiety**
-  Concise & Memorable Stories
-  Executive Presence and Gravitas
-  The Burst Diamond Presentation Framework

This module is part of a four part learning path.

FLEXIBLE TRAINING OPTIONS

- In-person / Hybrid / Virtual
- Client Scenarios Integration (Add-On)
- 1:1 Coaching Integration (Add-On)

Overall Score



1,247 participants rated Burst Trainings with an overall score of 4.8 (0 - 5 scale / 0 = low and 5 = high)



BURST TRAININGS
Connect. Communicate. Collaborate.