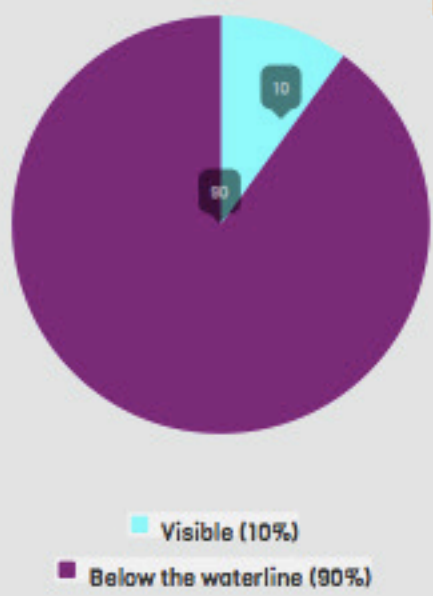


SPEAKING YOUR TRUTH

Connect and listen to yourself & seriously improve your impact on others.

What is Speaking your Truth?



What we actively show to people, our behavior and the things we say, is only 10% of who we truly are.

The other 90% is hidden 'below the waterline'.

The art of Speaking your Truth is about finding the courage and the tools to drop the waterline and show the true you, first to yourself and then to others.

It's also about learning to connect to others on that same level

Below the waterline?

We are all icebergs & this is what icebergs show when they interact:



A 'how to' in 5 steps

- STEP 1**  Know & accept who your truly are (your own 'Iceberg').
- STEP 2**  Be totally present in the NOW.
- STEP 3**  Connect with and listen to your gut feeling, your inner knowing, your True Self or whatever you want to call it.
- STEP 4**  Connect with the other person below the waterline.
- STEP 5**  Express what you experience, see, perceive, in the present moment (meta communication)

TIP

Meditate on a daily basis to practice being HERE & connect to your inner Guru

Really!

Try meditating 15 min a day for a month & notice the difference.



So. What is Speaking your Truth?

to summarize, it's:



1% PREPERATION
you can prepare as so far as location, moment and topic are concerned.

33% THE CONNECTION YOU MAKE
and this includes both the connection to the other person AND the connection to yourself.

33% PRESENCE
meaning that you are fully present in the moment so you'll notice what's really going on.

33% FAITH
in the fact that you know EVERYTHING to have a great conversation. And that your message is worth sharing.