|  |
| --- |
| **Present With Confidence:**  **Increase Your Income Through Speaking and Being Memorable** |

**Amplify Your Assets**

Warm-Ups: See Vocal Power handout (VP) for details of repeated exercises. Add in additional focus.

***Focus:*** “Lift your powerhouse” on your physical exercises. Lift internal organs up the backside of your body from pelvic floor up to heart. (imagine an elevator)

* **Pilates Hundred** (VP)
* **Standing Chest Expansion** (VP)
* **Roll Down –** warms up stomach, stretches spine, feeling of “lifting powerhouse” whole time

1. Sit with legs in front of you, knees bent, legs together, and back rounded.
2. Pull low abs in (to spine) and up (along spine in direction of head). Low abs initiate slow roll back. Imagine upper back hits a brick wall.
3. Anchor back of pelvis to mat. Articulate one vertebra at a time onto mat until low back is anchored.
4. Double over, leaving stomach behind, to return to sitting position.
5. Repeat, gradually articulating through lower back, middle back, upper back, neck and head. Come up one vertebra at a time, as well.

* **Anchoring exercise** – deepens powerhouse lift and anchor, works abs

1. Lay on back, knees in tabletop, abs in and up so back is anchored. Lift head and shoulders off the ground.
2. Raise right leg up to ceiling. Slowly lower leg toward the ground, make it heavy like dead weight.
3. As leg lowers, deepen stomach in and up so there is no space between your back and the ground. This becomes more challenging the lower the leg goes. Stop lowering the leg when your back begins to tighten or lift off the ground, and slowly raise leg back to top.
4. Repeat 3 times, then repeat with other leg.

Also: jump, run in place, dance – get your heart rate up!

Vocal Warm-Ups:

***Focus:*** Feel the energetic of your breath from lower belly all the way up and out through throat and mouth.

* **Vocal Warm-Up #1:** (VP)
* **Vocal Warm-Up #2:** (VP)

|  |
| --- |
| **Present With Confidence:**  **Increase Your Income Through Speaking and Being Memorable** |

**Amplify Your Assets (continued):**

Notice the difference between “projecting” what we want people to think about us, and amplifying the well of power deep inside us. Projecting is like pushing something out in front of us so other people see and feel *that* before they can really see and feel who we are on the inside. When we project, it feels somewhat draining and not joyful and easy. When we amplify our natural assets, it’s like a well that is deep within, which rises up from the womb space like a fountain, and washes back down on us, circulating your power back into us. This does not drain, but enlivens, and looks and feels to others much more authentic.

Amplification is important because it increases our personal presence and manifesting power. We need to be bigger in many ways to stand out from the crowd and have our message be heard, and /or our gifts given. However, we can do this in a way that feeds us and makes others feel inspired, rather than diminished.

To amplify from within:

1. Flow attention to womb space
2. Bubble up from womb space into heart space
3. Continue bubbling up into center point of head
4. Imagine a fountain out of the top of your head – splashing on you, for you.
5. Energy and fountain stay contained within your light globe