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

**Body Apology**

The body gives away how we are feeling, particularly how we feel about ourselves and what we are communicating. This is why many people fear getting up in front of a room, because they feel exposed – and they are! The audience sees us from head to toe, and the body never lies. We can say one thing but the body can tell a different story. We can say how our work is of value, but have our body collapse in some way that gives the sense we don’t believe in our own power.

This practice will help you identify how your physical and energetic body apologizes and diminishes your power and presence.

*Immediately after speaking (preferably about your business or your value), close your eyes, scan your body, and notice where in your body feels tense, restricted, or trying to get smaller, and which part of your body feels more relaxed and open?”*

Ways the body apologizes include:

* “slumping”
* Trying to become shorter
* Tensing up a part of the body
* Stopping breathing
* Not maintaining active energetic presence in all parts of the body
* Physically stepping backward
* Tightly holding the yoni and/or stomach muscles
* Moving the voice out of resonant authentic tone
* Holding arms tightly close to the body
* Pulling legs in closely together and/or holding a very “narrow” stance with feet together
* Facial tension – constant smile, eyebrows, etc.
* Constriction of voice/throat

The physical movement to counteract my body apology is\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_