

Are you really reaching the whole audience?  
Are you capturing everyone's interest?

# Make the stage your undeniable strength!

Make your stage presence your great strength, your top priority!  
Be forceful, interesting and inspiring to listen to.  
Learn to work your audience with personality and strong presence.  
Make the most of your big events and enjoy yourself in the process!

How do I captivate my audience? How do I relax and feel self-assured? How do I make sure every individual in the room feels I'm talking specifically to them? How do I create certainty and faith in my listeners?

An uncertain audience is not open to what you are saying. An uncertain audience listens poorly. If the audience is sure of you, it will stay with you to the end.

In sports you need to be able to focus, to know what your resources are and to use your full capacity at just the right moment. You need to be able to handle tough situations, unexpected events and blackouts. The same thing is true of public speaking. Use your strengths. Learn to handle big situations.

Athletes need to understand themselves, their weaknesses and strengths. They need to be able to turn their nervousness into a resource. And the same thing applies to your big meetings.

- Be a source of inspiration to your listeners.
- Make use of your strengths.
- Turn your nervousness into a source of creativity.

*Make the stage your undeniable sales platform  
— be a pro on the stage!*

Want to know how?

Drop an e-mail to [btcoach@lentos.se](mailto:btcoach@lentos.se).

You can also call Jan Alpsjö at +46 (0)18-10 10 26  
or +46 (0)705-12 02 06.



LENTOS AB

Gustav Kjellbergs v 14

S-756 43 UPPSALA

SWEDEN

Phone

+46 (0)18-10 10 26

Cell phone

+46 (0)70-512 02 06

Mail

[btcoach@lentos.se](mailto:btcoach@lentos.se)

Webb

[www.lentos.se](http://www.lentos.se)

