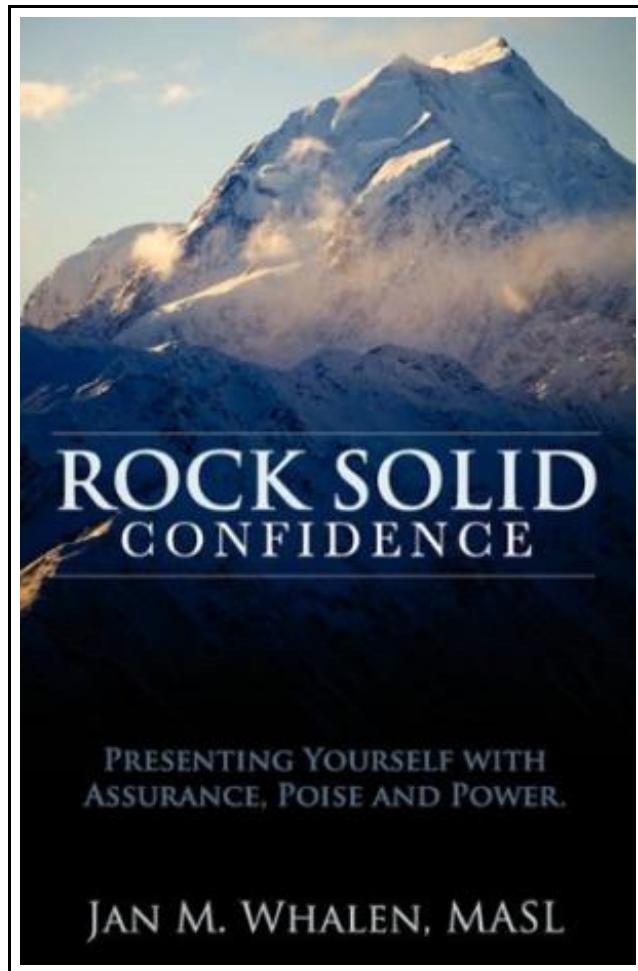


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Personal JAZ Publishing, United Kingdom, 2011. Paperback. Book Condition: New. 213 x 137 mm. Language: English . Brand New Book ***** Print on Demand *****.Rock Solid Confidence Presenting Yourself with Assurance, Poise and Power takes the reader from knowing what stands in their way of being confident through practical suggestions that prepare them for formal and informal presentations. Simply stated, this book assists readers in turning stumbling blocks in to stepping stones of success and giving voice to their life s accomplishments. The ultimate goal is to be rock solid like a mountain. No one can predict the days ahead, yet with Rock Solid Confidence, we are free to be the person we envision becoming. Accomplish presentation goals with assurance, poise and power. In this book, learn: 20 techniques to mentally and physically manage anxiety 5 ways to be heard more clearly 7 tools to lighten up your message 19 methods to tailor a presentation 3 techniques to make technical material interesting 16 skills you need when presenting 4 modes of communicating with flair 7 ways to organize your message And more! Jan Whalen, MASL is the founder and President of Personal JAZsm, a training and seminar company. She has created successful presentation and character building programs for students, authors, executives and athletes. With a Master of Arts in Servant Leadership and a background in sales, public relations, education and community service, she has a unique talent for finding the gold in her clients, associates, and friends.

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