



Daniel Kingsley: Embodied Public Speaking

How to Manage your Nerves and Connect with your Audience



Daniel was a trial attorney for 15 years and sought to relieve his work stress through embodiment. In 2012, he realised his true calling in embodiment and decided to combine his knowledge of public speaking with embodied principles by founding Presence Training. Learn how to become a better, more embodied public speaker through calming your nerves.

TOP EMBODIMENT TIP: You can manage the symptoms of adrenaline in the body and stop them spiralling out of control by adopting an attitude of *warm acceptance* towards them. E.g. “My heart’s beating quickly...and it’s OK”. “My mouth is a bit dry... And that’s okay”. 3 Magic Words: And - It’s - OK.

How Evolutionary Wiring Affects Our Thinking: Often Expecting The Worst

- Through evolution we are wired to worry and look for the worst outcomes in different situations. This applies to social interactions and public speaking too.
- In social settings we are used to reading reactions and making sure the situation is going well; this doesn’t happen with a blank-faced, listening audience and that can make us even more worried.
- **Even though we can’t change this programming in us, we can learn to get out of our heads and more into our bodies.**

Changing Our Thinking Patterns: Dealing With The Trains Of Thoughts

- Trains of worrying thoughts like “Are they interested?” or “Am I doing well?” come often and we can learn not to engage with them.
- When you jump into the trains you can get lost in your thoughts and lose contact with the audience. Assuming the worst won’t help so instead, learn how to assume support.
- Reduce the number of trains coming into the station by increasing our awareness of the body instead of focusing on the thoughts.
- Three main steps in getting off the trains: **Awareness, Acceptance, Choice.**

Using Social Centering To Calm The Nerves: Usefulness of Eye Contact

- Adapted from Relational Presence methods by Lee Glickstein, find the link between feeling safe and confident and social engagement.
- Learn how to soften your gaze and how to use it to better suit the situation of public speaking.
- **Non-threatening eye contact** for 5 to 15 seconds can ease your nerves and **connect you with the audience.**

Resources

- ❖ **Website:** www.presencetraining.co.uk
- ❖ **YouTube:** [Presence Training](#)
- ❖ **References:** Stephen Porges Keynote session: *Embodiment through the lens of the Polyvagal Theory*, Matthew D. Lieberman’s book: *Social: Why Our Brains Are Wired to Connect* / Lee Glickstein’s Methods on Relational Presence.



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[Michelle Boulé](#) is a Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and alignment towards their truth. Her online group programs, private coaching, speaking, in-person retreats, and teaching draw from over 20 years of practice in somatic therapies, energy medicine, mindset psychology, spirituality, and an award-winning international career in dance. Clients and students praise Michelle for her direct, intelligent, loving, and joyful approach to guiding groups and individuals.

As a gift to all Embodiment Conference participants, please [click here](#) to download Michelle's free **5 Step Guide to Erase Doubt, Claim Your Truth, and Create the Business and Life You Desire**. If you suffer from loops of self-doubt, indecision, exhaustion, or a life that is less than fulfilled, this guide offers powerful insights and practical Action Steps you can use right away to create the life you truly desire.



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