

WORKCARD 3

IMAGINATION TRAINING

Imagine you see a presenter saying, "What I do is my great passion. It fascinates me when... I love to observe... I want to encourage you to do it too...". At the same time, the presenter stands hunched over, motionless, has a tense face, does not smile, and his body expresses no energy. You'd probably think, "hmmm ... something's wrong, something does not add up...". It would be natural if, while saying that something is his great passion, he would also show it with his attitude, gestures, and also show positive emotions.



INHALE, EXHALE, INHALE, EXHALE

Your expectations would be correct. When we are authentic, when we truly believe what we say, and our body supports us in showing our emotions. Thanks to this, our message is consistent. If we lack consistency, our audience feels that **SOMETHING IS WRONG**. Sometimes they don't know exactly what doesn't suit them, but they feel that what the speaker says does not correlate with what he is doing. Then they stop listening and try to identify their sense of "something is wrong". It is even worse when the audience, who feels that what the body is saying does not go in line with what the speaker is saying because then the audience will not be able to trust such a presenter. And if they don't trust him, they won't be able to work together.



CLOSE YOUR EYES

and imagine that when you start a conversation with someone, you are like the authentic presenter of your dreams.