



Shola Kaye
Author, Speaker

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Develop the Confidence to Go for Your Goals



Explora
JOURNEYS

Talks on Explora

1. Personal growth foundations
2. Exploring emotional intelligence
3. The power of Empathy
4. Develop the confidence to go for your goals



Your Speaker

- Author, speaker & singer
- Series of talks on this cruise.
- Come on a personal journey of self discovery





"Shola has developed a unique, highly effective and easy to understand system to master public speaking. A valuable book which is sure many will find motivating and uplifting."
-Sally Mahoney, CEO Mahoney Digital Marketing Ltd

"Super easy to read and understand with the clearly presented DIVA system. Well written primarily for women, it is just as relevant for us men and is one of the best books I have read on improving your speaking skills!"
-Jonathan Hutchinson

IS THERE SOMETHING HOLDING YOU BACK from being a **CONFIDENT, ENGAGING and EXCITING** public speaker?

A DIVA SPEAKER IS:

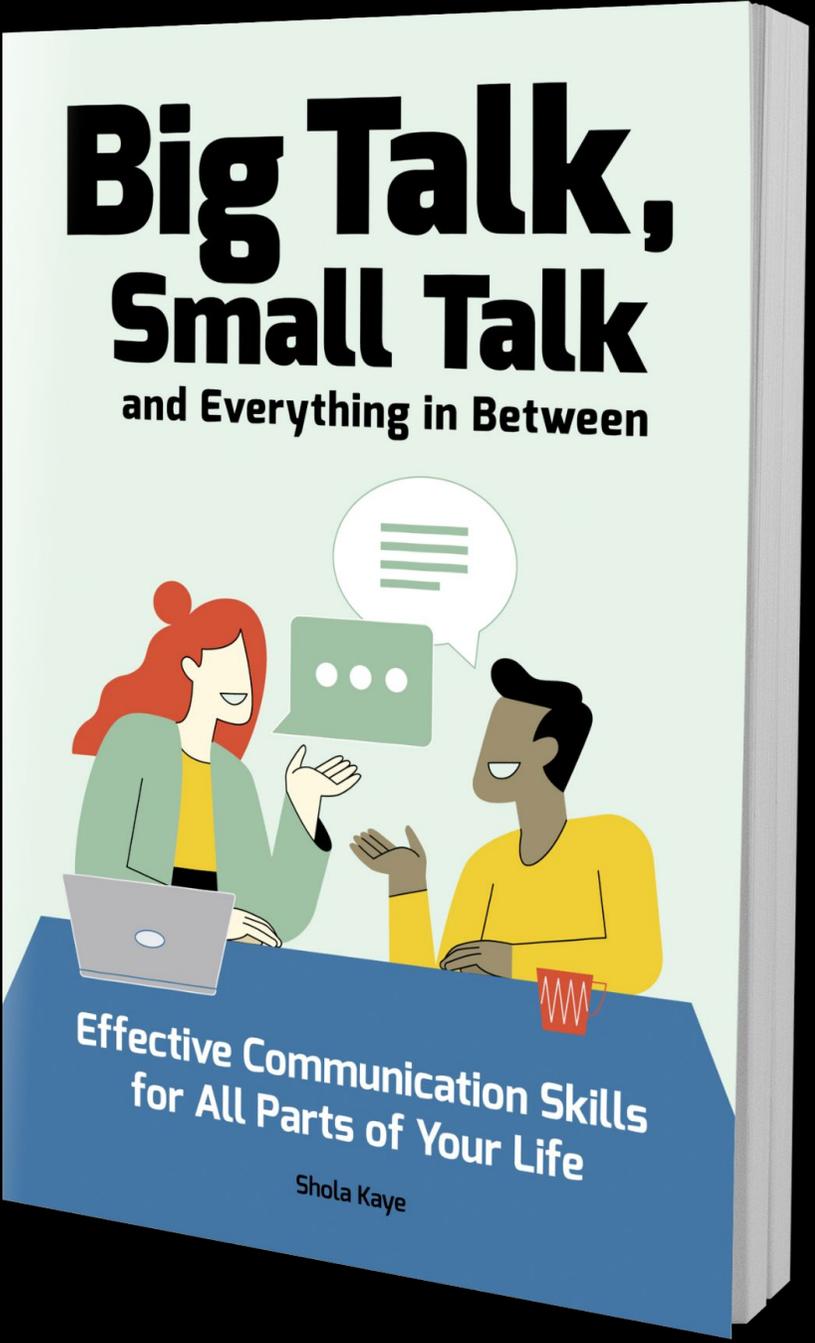
- Dynamic.** You're vibrant, energetic and you encourage audience involvement.
- Inspiring.** You use stories and inclusive language to captivate your audience.
- Valuable.** Your talks are entertaining and full of useful information.
- Authentic.** You're comfortable in your own skin and confident of who you are.

INSIDE THIS BOOK YOU WILL FIND:
The four step DIVA Speaking System. One size doesn't fit all. Learn to be successfully YOU on stage.
A step by step process to help you craft, remember and deliver a high quality presentation.
How to prepare mentally and physically, giving the audience what they want while gaining what you need.
The **BONUS** online course provides video overviews, a PDF workbook, vocal exercises and audio material.

EVERYTHING YOU NEED TO SHINE ON STAGE!
SHOLA KAYE is an award-winning public speaker. As a professional singer she has performed for tens of thousands of people around the world. She is the author of the company Speech Up Like A Diva, a communication side franchise for women and individuals.



www.speakuplikeadiva.com



Big Talk, Small Talk and Everything in Between



Effective Communication Skills
for All Parts of Your Life

Shola Kaye



Exercise

Think of one straightforward goal you'd like to accomplish

What are 1-2 things your gremlin is saying that stop you from taking action?

Share with your partner



THE TOOLKIT

Toolkit 1 - Think one step at a time

1. **Take baby steps** - allow yourself to spend just 5 mins and then stop
1. **Eat that frog** - 'chunk down' the project into small 'do-able' pieces
1. **Set the bar low...**'If I get just 3 likes per post, I'll be satisfied'

Toolkit 2 - Make it easy in your mind

1. Borrow freedom: Think of an area of your life that's working. Transpose your strategies, and feelings of ease and freedom, to the challenging goal.

1. Be a 'trickster' not a martyr (Elizabeth Gilbert)

1. How can you make it enjoyable/more natural?
Music/environment/link to positive experiences

Tool 3 - Towards or away from - take your pick!

Many people would rather move away from pain than towards pleasure. Which are you?

Either imagine: How you'll feel/what will happen 1 year from now if you don't take action...poorer, a failure, less successful, frustrated, less healthy?

Or

How you'll feel if you do take action and reach your goal.



Exercise

Choose 1 tool/strategy from toolkits 1, 2 or 3 that you think might work for you.

Share with your partner

Tool 4 - Flip it!

Write 10 statements that reveal your disempowerment around the goal.

- I'm hate writing
- No-one will like my posts
- Sharing my accomplishments is boastful

and then flip each one in a positive direction. Don't go too far, but allow your position to soften...

Or ask: **IS that REALLY TRUE?**

Tool 5 - Who are you becoming?

If a positive outcome isn't enough to take action, think about the person you'll become if you do the work...

- Bolder
- Braver
- More vulnerable
- Better connected to others
- More accomplished

Tool 6 - Write a letter to yourself

Imagine it's 1 year from now and you've achieved your goal

Write a letter to your future self, praising yourself and describing all the things you did to achieve your goal.

Include all the benefits and enjoyment your future self is enjoying as a result of achieving the goal.

Read the letter daily

Tool 7 - Find your A-Team (or Z-Team!)

Z: Who, historically, believes you CAN'T do it? Can you prove them wrong?!!

A: Who believes you CAN do it? Let them be your cheerleader or accountability partner.

Get a coach!



Exercise

Choose 1 tool/strategy from toolkits 4-7 that you think might work for you.

Share with your partner

Next Steps

What are YOUR next steps?

1. Which tool was the most valuable for you?
2. How and when will you apply it to achieve your goal?
3. Is one tool enough? Choose a few and schedule in time to apply them to your goal.

Get the resources and keep in touch!



- Slides from today's talk

sholakaye.com/explora

info@sholakaye.net - email
me and let me know what
worked/didn't!