



Flourishing live



ON A SCALE OF 1-10 HOW CONFIDENT DO YOU FEEL ABOUT LIVES...

1 2 3 4 5 6 7 8 9 10

1 would represent low, high represents a high confidence.

♥ WHAT DO YOU THINK IS HOLDING YOU BACK?

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♥ 8 TOP TIPS

1. **Start straight away** – do not sit in silence and wait for people to come on, have a conversation, talk, ask questions, “where are you from?” “Hows your day been?”
2. **Have a conversation** – just imagine you’re all having a cup of coffee together
3. **Swipe the comments** – if you get distracted easily swipe the comments away, go back to them at the end
4. **Stay light** – have fun with it, look for the filters at the bottom to make it a bit more playful
5. **Keep it sweet** – anymore than 20 mins and you’ll struggle to keep them engaged
6. **Practice makes progress** – the more you do it the better you will feel, practice in your local MiB group to each other
7. **Reward them** – hold something till the end and remind them of it at the beginning and during your live. It could be some news, a freebie, etc.
8. **Prepare prepare prepare!** Follow my 3 step prepare to flourish live plan

♥ PREPARE TO FLOURISH LIVE IN 3 STEPS:

1. **Purpose:** what’s the reason for your talk? Have a strong and clear title.
2. **Plan:** keep it simple but have some notes, 3/4 bullet points would be great to keep you on point
3. **Pause:** take a moment to get yourself together, breath in for 7, breath out for 11 and repeat 3 times. Give a big smile and go for it.

♥ 5 TOPICS OF INTEREST

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I AM POWERFUL | I AM STRONG | I AM FIERCE