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## **THE TEN BIGGEST INNER CHALLENGES WOMEN FACE WHEN PUBLIC SPEAKING**

**By Inspirational Public Speaking Mentor**

**Tahnee Woolf**

### **CHALLENGE #1: Lack of Confidence**

The biggest challenge most women face when speaking is lack of confidence. Most women simply don't believe that they are a good speaker. We measure ourselves against a model of speaker that we believe we can never be. We think we need to be clever, funny and charismatic, with slick showmanship and perfect presentation skills... and so we feel inadequate.

But the most effective speaker in the world is NOT the showman or the peacock. The most effective speaker is the person who stands calmly, centred, deep in their heart, connected to their body, connected to their intuition, who looks their audience in the eyes and speaks their truth with full honesty. If you've ever seen a speaker stand up and speak like that, you will know what I mean. It BLOWS YOU AWAY!

The slick charismatic showman may entertain you, but you will often not remember later what he said. The heart-felt speaker may stumble over their words and fumble with their equipment, but their passion and authenticity will make such an impression on you that you will remember them for years to come.

*The thing that people will remember most about you when you speak is not what they learned or what you said, but **how you made them FEEL.***

Tahnee Woolf teaches the women in her public speaking program and coaching sessions the principle that "You Are Enough". You simply need to be yourself. You don't need to be flashy or slick, you don't need to be perfect. You simply need to be authentic and real and fully connected – to yourself and your audience – and then you will be a truly powerful, memorable speaker.

Once you really embody the belief that "You Are Enough", you will feel fully confident to stand on stage and speak.

### **CHALLENGE #2: Nerves**

Many women deal with severe nerves every single time they have to stand up and speak. This is a huge problem. Nerves can affect our posture, our body language, our breathing, our emotions, our thinking, and of course our voice.



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However, it is possible to speak without being affected by nerves at all. When our intention is clear, when our body and breathing are free, when we feel grounded, when we are in our heart, when we are connected with our audience, and when we trust in our intuition and higher guidance, our nerves simply melt away.

In her public speaking programs and coaching sessions, Tahnee teaches women MANY different ways of managing their nerves – emotional techniques, mental techniques, physical techniques and energetic techniques. For many women, once they have learned these techniques they find that nerves are very easy to manage... and for some women they no longer have to deal with them at all!

### **CHALLENGE #3: The Inner Critic**

Many of us women carry around an inner voice that continually blears out all our shortcomings and flaws. This voice gets particularly loud when we stand up on stage to speak!

We can often be our own harshest critic. We may walk off stage feeling like we did a “terrible job” and beat ourselves up about it for hours afterwards. Whereas, in fact, there may have been someone in our audience who had a truly wonderful, transformational experience.

Tahnee teaches women how to see the reality of their impact on their audience when they speak. She teaches women how to tune in to their audience, to read the energy in the room, and to ignore their own distorting inner-critic. This is an invaluable skill that will add tremendous confidence to your public speaking.

### **CHALLENGE #4: Fear of Not Being Liked**

Many times when we stand up to speak as women, we are actually speaking in order to be liked. We try to be entertaining, or warm or inspiring, not just because that is our nature, but also because on some level we hope that we will be loved for it. We may choose the words and ideas that we share because we think that people will appreciate them or resonate with them, and that as a result, they will like us.

This desire to be liked and loved is a perfectly normal human desire, but it is something that as a speaker we need to be aware of. For, when we speak from that place, we are in a vulnerable position. Because if we do not get the response from the audience that we hoped for, we can often feel disappointed... or even crushed.

In contrast, when we learn how to speak our deepest truth, from our heart, purely for the sake of self-expression and self-empowerment, we are much less



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vulnerable to the opinions of others. We can be just as warm, funny, entertaining, interesting and inspiring, but we are coming from a place of centeredness and strength. Tahnee teaches women in her programs and coaching sessions how to speak *from the inside out*, from a place of centeredness and power.

### **CHALLENGE #5: The Weight of Expectation**

Many of us speak with an expectation of a particular outcome – a certain number of sales, a certain number of enrolments, a particular kind of response from our audience etc. This sets us up for disappointment and a sense of failure and often a deep feeling of rejection.

When we speak from a place of neutrality, knowing that our words are just an offering and that people are free to take them or leave them, it is much easier to stand up on stage and speak.

And as a more advanced principle, when we set up an intention that people in the audience will respond to us in a way that's in their highest good, then we can relax, knowing that the audience's response is not actually in our hands. All we are is a catalyst for that person to reach a *choice-point*, where they will connect deeply to themselves and make a decision that is right for them.

In her public speaking programs and coaching sessions, Tahnee teaches her students how to have this neutral, open attitude when they speak. This takes a great deal of the pressure off and creates truly powerful, confident speakers.

She also teaches her students the “Diamond Principle” – that it is more important to have a truly powerful transformational soul-level impact on *one* person in the audience than to entertain and enrol a whole room of people. Because that one person who you so deeply and profoundly move will be your supporter and advocate for life, and who knows what they will go on to create that will help your own business to flourish...

### **CHALLENGE #6: Getting Stuck in our Head**

Often we can lose connection with our audience when we start “thinking” while we are speaking. We start wondering, “Are they enjoying this?” “Did they understand that last part?” “Maybe I shouldn't say this?” We start to question ourselves and second-guess ourselves. We begin to analyse our words as they are coming out of our mouth.

Unfortunately, by expending energy worrying about the effect our words are having on the audience, we become distracted, lose connection with our body, our heart and our intention, and the ultimate effect is that we lose our



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connection with our audience. Our audience can FEEL IT the moment that we disconnect.

In contrast, when we are truly in our power and connected to our heart, we are able to trust that the words coming out are the right ones - right for our personal expression and in the highest good of our audience. When we speak from that place, we stay out of our “head” and stay in our “heart”, and therefore we remain connected to our audience at all times.

Learning how to catch ourselves when we go into our head, and how to stay in our heart while speaking is one of the major skills that Tahnee Woolf teaches in all her public speaking programs and 1:1 sessions.

### **CHALLENGE #7: Feeling Judged**

Sometimes when we stand up to speak as women, we can feel like we are standing in front of a judge and jury. We feel like they are rating our body shape, our clothes, our hair, and our face. We feel like they are assessing our competence, our credibility and our expertise. We worry that they are judging our content, our structure, and our presentation skills. All of this worrying can increase our nerves and keep us in our head and out of our heart.

In her public speaking programs and coaching sessions, Tahnee works with women to teach them how to establish their credibility and engage their audience as soon as they step on stage. Once you know how to do this, you can relax, knowing that your audience has accepted you and is ready to listen to you with an open mind and open heart.

She also works with women on body image and teaches women how to present themselves with an authentic style and beauty that reflects who they truly are, so that they will no longer fret about their appearance on stage. And in her advanced programs, Tahnee teaches women how to love themselves on a deep soul level, so that they will not only beam confidence when they speak but they will *radiate self-love* to their audience.

### **CHALLENGE #8: Being Drained by the Audience**

Many women have experienced that feeling of coming off stage after speaking and feeling utterly drained. This is because, as women, we are particularly sensitive to the energetics going on in our audience.

When people focus their attention on you as the speaker, they affect you energetically. Not only that, but in any room full of people, there are complex group energetics in play, which need to be managed.



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Tahnee trains people in many sophisticated skills to manage the group energetics in your audience. But one *simple technique* you can use in the meantime is to imagine that you are standing in a cylinder of very peaceful, loving, white light that runs from high above you all the way down into the earth. When standing in this cylinder, you will feel connected to the earth, connected to spirit, and centred in your heart. When on stage, you can stand in your cylinder, and as energy comes towards you from your audience you can imagine that it comes through this cylinder and is transmuted into love.

Practice standing in this cylinder and speaking, until it is a familiar feeling, and then try it the next time you speak in front of someone.

### **CHALLENGE #9: Feeling powerless**

As women standing upon stage, we can often feel powerless. We can ask ourselves “Who am I to be standing here?” “Who would want to listen to little old me?”

But know this: **simply by standing up, you are already powerful.**

Simply by standing up in front of people, with your heart open and your intention clear, you are already a beacon of inspiration to people, even if you are shaking with nerves and stumbling over your words.

In her programs and coaching sessions, Tahnee teaches women to believe in their own power and their own worth, and to start to trust that simply by finding the courage to stand up they will always inspire others to do the same.

### **CHALLENGE #10: Burning Out in the Masculine or Hiding in the Feminine**

As women speakers, many of use have learned to take on either a masculine persona, or a disempowered female persona. The masculine persona is hugely charismatic, high-energy, persuasive, enrolling and dynamic. This can be great fun for an audience, but many women who take on this persona full time end up drained and exhausted, as it takes a great deal of masculine energy to sustain it.

The disempowered feminine persona is timid, shy, quiet, and mouse-like. Women who feel unable to take on the charismatic masculine persona often revert to this one as the only safe alternative. It takes less energy, and is less frightening to adopt, yet it has very little impact on an audience.

**There is a third way to speak as a woman.** You can speak with an *empowered feminine* persona. The empowered feminine woman speaks powerfully, from her heart, radiating grace and confidence, with a warm engaging voice, a fluid



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flowing posture, connecting deeply with her audience, brimming with joy, compassion and love.

This is how Tahnee Woolf speaks, and this is the gift she offers all those who work with her, whether in teleseminars, group workshops or 1:1 sessions in person or by phone/Skype. She will teach you how to find the empowered feminine speaker that is inside you, how to nurture her, and how to bring her out... to radiate her beauty to all the world.