

How to Own a Room

GoSkills online course syllabus

Skill level

Beginner

Lessons

17

Pre-requisites

No prior experience needed

Video duration

54m

Estimated study time

54m 21s

Instructor

Bianca Lager

Introduction

- 1** The secrets to owning a room
Commanding a room means making lasting connections and furthering yourself and your business.

Own Any Room, Anywhere, Any Time

- 2** So how big is this "room"?
Commanding your audience's attention and respect leads to the right actions and outcomes.
- 3** The components of self-confidence
A dose of self-confidence is needed to present your best self.
- 4** The keys to executive presence
Everyone has the ability to exude executive presence and get any sized audience on their side.
- 5** Every room is an opportunity
Keynote stages are not the only place where you might need to captivate an audience.
- 6** Fundamentals of owning a room
All tasks can be broken down into fundamental parts.

Preparation is Key

- 7** Storytelling: Your secret power
What captivated us as young people is often the same mechanism that captivates us as adults.

8 **Becoming a practice champion**
Everyday life offers you opportunities to practice driving the outcomes you want.

9 **Leaving an expert impression**
Becoming a master presenter is all about focusing on what you already know.

10 **Find your purpose**
The hardest and most important part of preparation is goal setting.

Having a Strong Presence

11 **It's all in the body language**
Presence communicates so much more than your words do.

12 **Dressing up or dressing down**
One of the most critical ways you communicate your presence to others is through your appearance.

13 **Keep calm and carry on**
When cooler heads must prevail, it is essential to have reasonable expectations.

Radiate Positivity

14 **Practicing positivity**
A positive viewpoint and genuinely encouraging the best in others will inspire people to reciprocate.

15 **Negative behavior traps**
When you're owning a room, there are certain behaviors that will throw you off course and tank your success.

16 **Dealing with fear**
Fear can be crippling. In this video you will identify both mental and physical tricks you can use to navigate through the fear of being center stage.

Conclusion

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Own any room, anywhere

Thank you for watching this course!

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