

MY COMMUNICATION SKILLS ARE A TESTAMENT TO MY CONFIDENCE AND POISE

With ease and composure, I patiently wait for my turn to speak, and when I do, I speak with a high level of assurance. Each word I articulate amplifies my self-assurance, and every breath I take fills me with a greater sense of tranquility.

In any social situation, I remain calm and collected. Regardless of the circumstances, I maintain a confident and relaxed demeanor, even in the most stressful situations.

My ability to maintain composure in any environment is evident in my choice of words and demeanor. I am well-known for my level-headedness.

At work, I am at my best when communicating. I excel during communication opportunities by carefully choosing my words and delivering them tactfully. Whether speaking with my employees, peers, or boss, I am comfortable, confident, and respectful.

My body language exudes confidence and charisma, and people can sense my strong character. I stand tall and look others in the eye, showcasing my outstanding communication skills.

Today, I am at ease when communicating with anyone I encounter. My words flow effortlessly, and my calmness and confidence shine through.

REFLECTION QUESTIONS

1

What situations make me feel most confident when communicating, and why do I think that is?

2

What situations make me feel least confident when communicating, and why do I think that is?

3

How would my life change if I felt more relaxed and self-assured whenever I interact with others?