

CONVERSION CATALYST

1. Spill the tea on social anxiety in a killer blog post:

As we know, there's a ton of people out there looking for tips to cure their social anxiety.

Leigha, you can try dropping some helpful tips for tackling SA in a blog post.

...and then at the end, you can let your readers know you have a life-changing program that not only cures social anxiety for good, but also gives them the confidence to slay their goals.

Then you can promote the blog or free content on your Instagram and any other platform to get people to read it and win their trust.

Here are some SA tips (according to my research), that can give you a head start on your blog content;

Soothe Your Soul with Nerve-Calming Music:

Whenever you face a panic attack, try listening to some calming music or ASMR. Lots of people find it really helpful to listen to music.

Relaxed Body, Relaxed Mind:

Social anxiety can really mess with your body, causing things like sweating, an increased heart rate, and muscle tension.

Practicing relaxation techniques such as deep breathing, progressive muscle relaxation, or mindfulness meditation can help calm your body and reduce these symptoms.

Treat Your Body Right:

Taking care of your physical health is also key.

Eat well, exercise regularly, and get enough sleep to help reduce anxiety and feel your best overall.

Take it One Step at a Time:

Remember that overcoming social anxiety is a process, and it's okay to take things at your own pace.

So don't rush yourself. Celebrate the small victories along the way and be kind to yourself.

Negative Thoughts Can Fuel Social Anxiety:

When you have one of those thoughts, ask yourself if it's really true and try to come up with a more positive or realistic way to reframe it.

Challenge Negative Thoughts:

Social anxiety can be fueled by negative thoughts and beliefs, such as "everyone is judging me" or "I'm going to embarrass myself."

When you have one of those thoughts, ask yourself if it's really true and try to come up with a more positive or realistic way to reframe it.

Don't Bottle Your Emotions Up:

Don't let any small wind of frustration, happiness, guilt, shame—name them.

Process each and analyze the cause, and feel it spread out inside your body, whether it's the chest, stomach, head, or even the cheeks! Then let it pass. You'll feel more like yourself once you've worked through them.

Start Small, Build Confidence:

Gradually expose yourself to social situations. It's important to face your fears in a gradual and manageable way.

Start by exposing yourself to situations that make you feel a little bit anxious, like talking to a cashier or asking for directions, and gradually work your way up to bigger challenges, like attending a social event.

A Book That Could Change Your Life:

Read or listen to the audiobook "How to Win Friends and Influence People" by Dale Carnegie over and over.

Many socially anxious people have shared that this book has inspired them, and by practicing the teachings, they've seen some big changes in their lives.

It's a great resource for learning more about social skills.

Don't read it all at once though, take it little bits at a time and really try to learn the most from it. Read it twice, and then once a year from then on.

2. Maximize Your Reach With Paid Ads:

Leigha, I highly recommend you promote your program with paid ads on Facebook or Instagram because these platforms are where many socially anxious people hang out, so using paid ads could really grab their attention.

I actually made a cool ad for your Social Anxiety Success Program that you could use on both Facebook and Instagram if you want to give it a shot.

But if you don't want to spend any money on ads, you could always try promoting your program as a regular post on Instagram and see how it goes.

Social Anxiety Success Ad

Ad Image:



Ad title: How to get rid of social anxiety for good!

Captions:

💪 Unleash your inner social butterfly and make lasting connections. 🦋

If sweaty palms, racing heart, and trembling hands are holding you back in social situations...

Then say goodbye to all the stutters, worries, shyness, embarrassment, and panic attacks and hello to a confident, fulfilling life.

Our life-changing program will help you beat your social anxiety, build better personal and professional relationships, and move towards your dream life.

Imagine a life where conversations no longer feel overwhelming, where you feel confident and comfortable in any situation.

In this Program, you'll learn:

- ☀️ Powerful Grounding techniques for managing panic attacks and instantly calming your anxiety in ANY situation.
- ☀️ Strategies for boosting your self-worth to start loving the person you see in the mirror.
- ☀️ New social skills to enter any conversation with confidence and ease, and making deeper connections.
- ☀️ Clear and concise plan for achieving your life goals and start living your dream life.
- ☀️ The secrets to healing social anxiety for good with our scientifically proven, step-by-step approach.

Don't let fear hold you back any longer.

Take the first step towards freedom and live fearlessly.

Click here to embark on a life-changing adventure and unlock the secrets to a vibrant social life. 📌

https://social-anxiety-success.teachable.com/p/social-anxiety-success-6-week-online-program/?preview=logged_out

3. Social Proof to the Rescue!

Leigha, I've noticed that there aren't any reviews on your website.

It would be awesome if you could add some testimonials from people who have taken your course.

Social proof can play a big role in helping your website visitors with social anxiety make decisions and when they see that someone in a similar situation found your course life-changing, they're more likely to sign up.

4. Get Your Email Game On!

You could start a mailing list where you share tips and advice for socially anxious people. You can even answer their questions.

I recommend using Mailchimp, a great free email marketing tool. When people sign up and get regular content from you, they'll start to trust your brand and see the value in your course.

This trust can lead to more sales because you've already built a relationship with your subscribers.

5. Wowzer Video Content Upgrade!

Leigha, I really like your video content and how you've captioned every one of them with a positive message.

So I have a few killer video content ideas you could test to connect with your audience even more and promote your program:

Breaking Down Social Anxiety Myths Video:

You can use this video to debunk common myths associated with social anxiety and provide evidence-based information to help your audience understand that social anxiety is a common condition that can be managed with the right strategies.

From Panic to Peace, My Journey with Social Anxiety Video:

I know you've already shared your story on your website, but it's also a good idea to create an Instagram reel where you can share a brief version of your personal journey with social anxiety and how you overcame it.

You can also share the part where you became a coach and what inspired you to help others.

This way, your followers can get to know you better and feel more connected to you.

Self-Care for Social Anxiety Video:

You can create a video series on self-care tips for people with social anxiety and also give ideas on how to take care of yourself physically, emotionally, and mentally, and how to practice self-compassion.

Social Anxiety and Professional Success Video:

You can create a video series on how social anxiety affects career success and how to overcome it. You can provide tips on how to manage anxiety in professional settings and how to improve communication and networking skills.

Oh and here's a quick heads-up on the scripting...

Debunking Social Anxiety Myths

Hey everyone. Today, let's talk about social anxiety and bust some myths.

First things first, social anxiety is more than just being shy. It's a mental health condition that impacts millions of people worldwide.

So, if you're dealing with social anxiety, please know that you're not alone.

Now, let's get to myth number one: "Just face your fears and you'll get over it!" While exposure therapy can help, social anxiety is often linked to deeper issues and may require professional support.

Lastly, social anxiety is not a sign of weakness or personal failure. It's a real medical condition that deserves empathy and understanding.

So, if you or someone you know is struggling with social anxiety, remember that it's okay to ask for help. With the right treatment and support, you can learn to manage social anxiety and live a happy and fulfilling life.

Well, that's the end of the sample, Leigha.

I hope you enjoyed reading it! If you're interested in partnering up or have any questions, just let me know.

And hey, if it wasn't quite your cup of tea, no worries, just give me a heads up either way.

Thanks for checking it out. 🙌

- Nabeel