

Today I'm bringing you three things that you can do to improve your public speaking skills and get over the fear of getting on that stage straight from my speaker coach himself. Let's go.

Hey, friend, welcome to the Sustain Your Success podcast. This is the place where we do the inner work for entrepreneurs. Finally, discover how to sustain your success. truly surrender and enjoy life to its fullest. Hi, I'm Dr. Liana Rodriguez. I'm a business success mentor for high performance entrepreneurs like you, and a specialist at unlocking your next level with ease. My background in medicine trained me to see the bigger picture when you can't, as a two four splenic projector, I intuitively piece the big picture together for you and get to the root of what's holding you back, it's time to finally create a sustainable energetic strategy for your business and bio tune your way into a balanced masculine and feminine flow. So grab your headphones and your favorite drink. It's time to upgrade your mindset and truly enjoy your next level of success.

Friends, I am so excited. Today, I'm bringing you my own speaker coach, because he is an expert. And I promise you if you had heard me do any sort of video or you look up my early YouTube days of what I used to say, the lectures they used to give their cringe worthy and for me to go from that to actually having the courage to get on a podcast and be super visible. I'm telling you, he's worked his magic.

I've gotten to where I am today, because of his inspiration, I want to introduce to you to Tabari Beyonne, who is a broadcaster of 25 plus years. He is also a voice theater and movie actor. He's been in movies alongside Will Smith. He's also been a Mississippi R&B announcer of the year. He's a brand ambassador for multiple mainstream corporations. He's also been a state journalist award winner. He's also reported on and been featured in the news for tons of social activism. And he's an entertainer, where he's performed on stages as prestigious as Carnegie Hall, the Essence Music Festival, the Apollo Theater in New York City. And he regularly hosts events for up to as many as 10,000 people like he gets arenas up on their feet. So I bring you Tabari, my speaker coach, thank you for being here.

I'm so humbled to be here because like you said, the things that you've experienced and the ways that you have grown. I'm just in awe to seeing the development over time. So thank you for having me, this is great. And I'm gonna say this, I'm a little nervous. So there you go, me the coach being nervous. This is crazy. You're nervous, because this is like a total role reversal, right? It is you're right, because it's like I remember before you were in my seat, and I'm walking you through a few things and few techniques, and changing in mindset. And now here you are talking to me. So this is like, okay, and I have to say you really do spark inspiration in people with your speaking skills. And that's why I wanted to bring you on because I know that a lot of the people listening are trying to put themselves out there on social media.

They're trying to do more video. And now you know, on social media video is the thing. Oh, yeah. And the people that are listening on pretty much changemakers, we're changemakers we're disruptors. And we have information that's life changing for the world, right. And so I really want people to get out of their own way and feel comfortable sharing what they want to share. But it's scary. Right? Scary. And it's also very confronting, I mean, you come up against yourself, when you have to, like get up in front of people. I mean, fear of public speaking is a real thing is one of the biggest fears. We all know that Right. Right. And there's so many things that come up and come along with it, including impostor

syndrome, because all of a sudden you start questioning whether you're an expert in your shoes, thinking about what you're speaking about. Yeah. And then not only is there the mindset that your mind packs into your nervous system, there's a physical, visceral, bodily response that goes with it. All right, that makes it undeniable so like, this just sets you off. And it's like, "Forget it", like it was like it's easier to not even start it's easy. It's like okay, to get over my fear, I've even Googled like, Okay, how do I become a better copywriter.

Let me just be your writer, screw video, like everyone has their lane, I'm just gonna start writing. And then you were like, No, you should really do video. And then every time I went to like one of my mastermind meetings with my mentor, I'd come back defeated because I'm like, I gotta do video. He keeps saying to do video, I know, I need to do it, and you helped me. Wow, thank you so much. It's a challenge, and I'm sure you will attest to, it's not something that you master all at one time, you know, it's always a process, and you're always gonna have some form of anxiety, even myself after doing it for 20 some odd years.

Really. I still get nervous. And I still have those thoughts of imposter syndrome pop up. And it's like, okay, I know, I'm not supposed to feel this, but I'm feeling it. So what do I do? And time is running out because I'm about to be on stage. So, you know, it's like, okay, what do I do? It's a process. So anybody that's going through the challenges of public speaking, just know that you always have those challenges. But how you handle those challenges change, based off of how will you change your mindset to the work, and continue to be fearless enough to put yourself out there and keep public speaking? Well, first of all, thank you for admitting that someone who's been in front of arenas, up to 10,000 people, including some of the hardest events, I think, are like boring weddings, where you have to inspire people to get up dancing. That's one of the hardest things to do. Yes, it takes some determination.

And sometimes you have to step outside of yourself and your own personal feelings of and your own personal ego and say, look, it's about the work, it's about what it is I want to inspire in others. And that becomes more important than our anxieties and our fears. I love that and the fact that at every level as you grow, and the bigger the next level things that you do. So you know, going from just like maybe like a Facebook live video to being in person on the news to something even bigger than that, maybe like a syndicated show, like at every level, you're going to encounter that imposter syndrome. And I love how you said it so eloquently, but I'm just summing it up at every level, you meet that some form of that imposter syndrome.

And it's not that it goes away. It's just that you get better at handling. Yes, exactly. I love that. So how do people really get over this fear? What's the biggest thing? First things first, it is mindset. Number one, you know, if you don't feel confident in what you're doing, then you won't do it, let's just be honest, the biggest obstacle to will, is won't and once you make your mind up that you won't do it, then the wheel won't be there. So the thing is, once you focus on that mindset, then you say, look, I've got to do it, don't give yourself a choice not to do it. And then you start focusing what I would probably say three keys to your public speaking. I would probably say, um, you know, focusing on your body language, that's a lot of times, you're so focused on what it is that you're going to say, how you're going to say it, what you don't say, not realizing that your body could be saying something totally different.

So what I like to coach people on is, how you're saying it, what it is, how you're standing, are your arms folded, are you opened up, are your hands on your hips, on this time is what I will give a person an exercise where instead of being themselves, you say like a superhero, you know, if you're Superman, how would you say the exact same thing that you just said. And miraculously, your body will change and your attitude will change. And your confidence will change? Because you stop being yourself at that point. So let me stop you right there. Because I think you kind of said two different things. And I want to focus on that first one, which I think is really important, which is body language. Yes, because in one of my past episodes, I was talking about how our nervous system can induce relaxation in other people.

So you know, when you're connecting with someone else, and you're having a conversation and you're being very present, when you look them in the eye, you can have a coherent energy with them, when you're adjusting the muscles of your upper face. So like let's say, we're talking and Oh, I understand what you're saying because I'm listening so my eyebrows go up, right, my eyes light up. So utilizing that sort of body language to show your audience or people that you're connecting with them or you're listening and even if you have a one way speech, you want to be utilizing. Right? Like that sort of body language. And being able to recognize that body language in your audience your audience's is nodding along as you're saying certain points, just as you said the eyebrows as well.

Some of them you can see them lean forward as you are enticing them with certain points in whatever it is that you're talking about. All of those things are communication, nonverbal cues that tell you that okay, they're interested, they're engaged, and they're locked in on what it is that you have to say. Alright, so practicing body language, maybe in the mirror, right? An idea, definitely in the mirror. So I talk to myself a lot. And that's in the bathroom. Yeah, the mirror. Because I'm practicing. And it's funny, you know, nobody's around listening to me, right? So when people are around, and they're like, What are you doing in there? Right? Oh, no, nothing. But I think it's important to practice in the mirror. Because now more than ever, we're on Zoom. Yeah, we're on Facebook, we're on Instagram or whatever, live streaming. Right. And you're watching yourself, right on camera. We're not used to seeing ourselves, right.

So I love that. And as we're doing the zoom, we are also watching the body language of others. Yeah, you know, what type of body language? Is everybody on the screen showing as we talk? Yeah, I think it's really important to ask people to turn their cameras on. And you can go through the gallery, like, this is what I do. I go through the gallery, and I find someone who's really engaged with me and I focus on them. That's good. I've even, between you and I, and everyone listening. I pin someone like I'll pin them so that I can make sure that my nervous system is relaxed. Because when you see someone engaged and you see their cues, nonverbal communication, connecting with you, That immediately puts you at ease as a speaker, right? Exact, knowing that what you're saying is landing. And so I know when I'm on Facebook Live, I'm normally like, throw me some hearts, type "yes". Like, come on, guys. Give me something you know. And that like helps me.

Okay, so practicing body language, and not just for yourself, but also looking for it in your audience. The second thing you said was acting like a superhero. Let's talk about that impersonating somebody else.

Yes. So the thing is, a lot of times when we are practicing whatever speech that we're going to give or speaking engagement that we're going to involve ourselves in. We're focused on who we are, how we are, and what we're going to say. The thing is, in focusing on ourselves, we put ourselves in the way our anxieties, how would How does my hair look? Does this dress make me look fat? Or is there food in my tea, all of those things run through our mind.

And we totally forget the reason that we're there. The reason that we there is whatever reason that they asked it to ask us to speak in the first place. Now, a good way to take ourselves out of that is to become someone else. How would that speech that you're going to give land if you were your your mother, your father, you know, a person that you could actually impersonate maybe your co worker, maybe your boss, it could seem kind of funny. In the process of you practicing it. However, you'll notice that your focus is not so much on your own insecurities, it's more so on the innuendos that the person you're impersonating is coming through in your communication. And you get to the point where you start to focus on what you're saying, how you're saying it, how it lands, because you're not thinking about yourself and you get yourself out of the way. So impersonation of somebody else, do it as many other impersonation of people that you can and eventually you come back to yourself and do that same speech. You will notice that there's a big difference and there's more competence because now you've gone all the way around the world. You know what to say, how to say it, when to say it, and you are more in tune with your audience.

Okay, so this is so good because I want to share that when we did this together. I remember this is like five years ago that we did this, and I was so resistant to do. You remember or remember that I was like I was almost arguing with you. This is a waste of time.

I don't know why we're doing this. I have to talk about the triangle of hell right? And this is not going to help me do that like sounding like Big Bird is not gonna help me do that. Let's move on. And so because to me it just in my mind, so I'm you know, I'm very back then I was really left brained and very logical, you know, like in my doctor mode, and I was like, alright, well, I couldn't connect the dots. And so because I was so entrenched in like medicine and looking at lab results and helping patients. I couldn't like get into that creative mode, right? And it was hard for me to break out of that and impersonate someone and you were like, Okay, so just do characters and so like, Okay, I don't know Big Bird like actual funny characters, but I did do it. And then I saw that it did incite some change. Like I didn't notice I was able to, it was almost a relief to come back into myself and just be able to be myself, right? Like, Oh, thank goodness, I don't have to, like try so hard to sound like this cartoon character.

Because you are giving me remember you were just saying, Do this movie character, Do this, do that. And I would just have to do it on the fly. And it was feeling really hard. But eventually, I was able to break out of the seriousness of it all. Yeah, and creativity and energy just started flowing through me. There you go. Because at its core, public speaking is an art form. You are a communication artist. When you are being a good public speaker. You're creating and you're inspiring, but you're doing it with words physically. And through your body language vocally. You are a communication artist, as a public speaker. And even if you're doing a podcast like this, you still have to use body language. Oh, yes. Right. Like, I'm not just sitting here with my hands folded in my lap and my shoulders forward, like, I'm opening my chest. I'm speaking with my hands. It's not just because I'm Puerto Rican.

Like, I'm trying to move the energy in my body to help also push my voice out. So it's not just technical. We're using your core and pushing voice out and all that it's also for energetics. There you go. There you go. Plus, it's natural. You know, when you're doing what's natural. Yeah, you feel that you're speaking in your truth. It's hard to deliver your truth if you're acting in an unnatural way. Oh, I love that. Yeah. Oh, my It's like a total mic drop. It's so good. Okay, what else can you do? So um, I would say one another good thing would probably be your own devil's advocate. Challenge yourself. You know, let's say you've done your speech and you've been in the mirror and you've done the different characters will do that last character that would be the the heckler you know the person who questions you on everything that you've talked about the things that you said and didn't say.

And then that teaches you to anticipate all the things that you would be afraid to hear or experience when you do the public speaking, you know, if someone's going to ask you about the growth that you didn't delve deep into already anticipate what it's going to be that you're going to talk about what it is that they're going to say it's like playing chess with a ghost opponent or to speak, you know, shadow boxing with words, if you will. So that's what it kind of comes down to challenge on. So be your own devil's advocate as you're delivering your speech or making your spiel. It'll help you to anticipate and at the end of the day, once you've got that down, you're not really as scared because you already know in advance how to handle any hiccups that may come up as you do your speaking engagement. Okay, hiccups as in like, hecklers. Oh, yeah. Haters, or people trying to come at you Yeah. To disprove you.

You know, people talk about a wide range of, you know, in this day and age where everybody's afraid of being canceled and everything else, what you say how you say, you may have to speak on some polarizing subjects, politics, religion, could be things that you have to anticipate, and it makes you look like a very, very advanced public speaker, when you're able to, concisely, politely and professionally handle your detractors, just as well as you preach to the choir, so to speak. Yeah. Okay. I could unpack a lot of that. A lot of it. This is super important, especially for a lot of people listening. Yeah. Because like I said, the people listening to this are changemakers. The disruptors. Yeah, coaches, practitioners, what we're trying to do is incite change.

And we may have an opinion, that's unpopular. That's right. So a lot of us get hung up, because we think that people are not going to like what we have to say, because it's not mainstream, right? This is a real fear, though. Like cancel culture is real, right, this is real, it happens. And then there's also other factors that fall into it, especially if maybe you're a female or a person of color, right? Like there's all these other things that. So I think that arguing your points against yourself, like being ready is super important to know.

So like testing yourself against those questions, what answers could you give? And I think that's helped me to like, I've tried to think of all the different types of answers I would give people, if I got those challenging questions. There you go. And it's like, Alright, how could I answer this and like you said, in a polite and professional way, is what makes you look like a polished speaker. That's correct. And the other thing about that is just being able to address people in a way that is non confronting also takes some energy management, right, right. You have to like know how to handle your feelings because you

can be onstage in front of tons of people and if someone's kind of coming at you with some questions, that feel confronting and changing like making you feel a little upset and angry.

You've got to manage feelings in front of people. So it's almost like emotional intelligence also has to come into play. Right? Right, right. And what you're talking about is the same thing a lot about political coaching. When it comes to public speaking, they do it all the time when you're in some sort of town hall setting, and they're having to ask questions and answer questions are there in debates, a lot of politicians have to go through and learn what the other side is going to say, in order to be able to convey that and to be able to convey that with some sort of decorum.

Being able to convey that with some sort of confidence because everything plays, body language plays, if someone asks you something, and you look physically rattled, the audience picks up on your energy, you're transferring that energy. So, think of it to anticipate any criticism is always good. Also to again, we're talking about mindset, enjoy the criticism, try to absorb it, because the criticism is going to make you better, it's going to forge you better, it's going to force you to go back, do your homework, do your research and be that much better. Okay. Also, criticism shows that they are listening to you, you know, you mess around and get up there and speak and nobody has anything to say. That can be very, very daunting as well, when some no one has any questions. No one has any feedback. Yeah. However, when someone has something to say, even if it is criticism is, Oh, okay. So you are listening to what I'm saying and how I'm saying it.

Now, this is an opportunity in front of everyone else to bring them in and to demonstrate just how knowledgeable you are at what you're talking about. So good. Oh, my gosh, enjoy criticism. Yeah, yeah. That is a very unpopular opinion. You're right, it is. But again, a lot of times, and I'm sure, you know, the growth happens from the uncomfortable. Exactly. From the inconvenience, criticism is so inconvenient. However, once we overcome it, once we take what that challenge is, and overcoming it and go through it, you realize in many cases is not as bad as we thought it was. Plus, we learn something from ourselves in the process. A lot of times as speakers, we already have what we want to say, in advance in a bag, in a can what it is, we want to say the criticism or sometimes fastball comes at us from nowhere. Now we've got to think fast.

And now it's like, Okay, let me go into my bag and see what it is how much I do know, and then the actual authentic you, comes from that communication, because now you're not coming from the talking points, you're coming from the heart. And in many cases, that's your strong suit, when you're able to speak from your passions, you delve deeper into your purpose and what you are talking about that shows to your audience, and that ties them into what you're saying, how you saying it even more. That's so good. And that actually is why it's so important to regulate your nervous system, right? Because if you're just in a state of so much stress and anxiety about like onstage or you're so overwhelmed that you just want to shut down, then you can't access creativity or your higher brain resources, like your higher brain function to think on your toes right to speak from your heart to be your authentic you. Because your nervous system isn't safe, right?

It's not a time to be authentic and heart opened. One of the things I've really enjoyed about the experience of being your mentor, but also seeing your growth. I've learned a lot from you. There's been

a lot of experiences, and I've shared those with you of different engagements. And for me, it's just an experience of what I'm going through. And I'm translating that to you. But you being able to break it down on a health and chemistry wise and what is actually happening. That really brought me to like, oh, okay, so this is what's happening. How can I regulate this? How can I combat this? How can I grow in a health wise, maybe I need to do more of this or less of this? A lot of times I was thinking it was just my own personal anxieties, but how you break it down about fight or flight and about all of that was just like, Okay, I understand the science of it. And I appreciate that for you to teach me that. Yeah, you're welcome. We can't think our way out of anxieties. Sometimes those situations our body kicks in and takes over right and it's all about where you're at when you're going into the situation right? I know countless times before I've gone to speak on the news before the TV shows, so TV so you didn't even mention this. But you helped me produce you directed a TV show about functional medicine. Over five years ago. Hey, you would show up to the studio and I would be a hot mess.

But ladies and gentlemen, you couldn't even tell she would once the camera got on in action. It was Like, wow, she is incredible. Okay, but here's the thing. I was a hot mess a few minutes before and you had to coach me. Yeah. into that state. Yeah. It was hard though. Because like we had to logically and use mindset to get myself in a state where I have I mean, because the lights in the studio, that's daunting. Yeah. So, you know, in a TV. And you're on a time table for so long. Someone else is coming in, right. But the problem was, I was already walking into that situation with my body in fight or flight in threatened already, and it was so hard for you to get me to calm down. I remember. And I would be like, Okay, I'm doing this Tabari. But my heart just so you know, is about to come out of my mouth. That's what's happening. Yes, that is.

Fun times. Anyway, more proof, ladies and gentlemen, like you say, for you to regulate your nervous system. Right. All right. I want to give everyone a real life situation. Oh, wow. Just like what we talked about, right? So me doing the TV show and getting myself in a state to be able to deliver and be high performing. Yeah, despite how anxious I was and how much imposter syndrome I had. How do we handle a real life situation? When we're already in fight or flight? Or when it hits us? And the anxiety hits? Where's the rubber meet the road? How do we handle that? Well, as fate would have it, just last week, I had to do an event for Mississippi Centers for Autism, they asked me to be the host, break the ice, so to speak, manage the crowd and of course, handle speakers and that sort of thing.

Now, full disclosure, I am not an expert on autism at all. Okay, that doesn't hit me until seven minutes before it's time for me to go on stage. Oh, God, no. And by that time, I'm walking the doors, and I'm seeing 350 to 400 people out in the audience. And I'm like, oh, and I'm seeing you know, prestigious people there. The mayor's over there. I'm like, Oh, this is okay. Well, what, wait a minute now. So I'm not an expert on autism, you know, what am I gonna say? I have no idea of statistics. I've done no homework, no research, I just showed up to speak and talk. And now what the heck am I gonna do? Oh, wow. So I mean, 10 minutes in counting. So at that point, what is it that I do know, I do know that I care. Number one. So I do care about autism. And I do care about people who are going through the challenge of living with autism, I know that I know also, that within this 400 People, they care,

Otherwise, they wouldn't be there. So maybe that is the basis for what I'm going to talk about the fact that we're caring that I'm not alone, that they're not alone, the fact that maybe it's a great thing that so

many people care, maybe I need to get up and celebrate the fact that all of these people care. That's why they're there. And that was my way of breaking the ice, just celebrating the fact that all these people care and showed up on this night, to celebrate and to stand behind their loved ones, co-workers who have autism. And that was my way of breaking the ice and getting around the fact that I'm not an expert, but they didn't ask me to be there to be an expert. That's not what they asked me. Therefore, they asked me because I'm a pretty good communicator. But at the same time, they asked me because they know I would care. And sometimes when you're doing public speaking, and you're wondering, what the heck am I gonna talk about?

They're asking you to be there, because in one way, or another way, you provide something that they need, and take some sort of solace in the fact that you're you've been asked, first of all, to provide that, you know, otherwise, they would have asked someone else. Yeah. So you're there, because you should be there and the whole imposter syndrome and hit me that night, and I'm like, oh, gosh, they should have got someone else to do this. I mean, why didn't they just get the president to talk to the president of the Center, you know, but I was there because I was supposed to be and I bought something there differently than what the President who also was there, and I had to bring him up and introduce him and, and that sort of thing.

And everything went incredibly well. I was very impressed. They were very impressed. But that impostor syndrome is always with you. Regardless of how many times you learn to deal with it with techniques, your practice is going to be with you. But you're gonna overcome it, because you're going to change your mindset. That's so good. I love that you shared how you talked yourself out of it. Because you weren't dealing with something like that the same way, right. 25 years ago when you first started being on the radio, right? Well, in those particular cases, I was in places that I expected to talk than I expected people were I was in a very small in specific, I would say bubble because I was there to talk to specific people that already knew. And I already knew a subject matter. So for the most part, it was soft balls, they would throw me soft balls, and I was knocking them out the park. But what do you do when you're asked to speak at an engagement that you don't know who's all going to be there? You don't necessarily know the subject matter in a way that makes you an authority or an expert. What do you do then? What type of research what type of techniques?

And over time, you know, and this is what I coach people through? What are some of the ways to dissect what the best strategy to break the ice to carry through your conversation? And also you got to stick the dismount. How do you leave once you're finished, when you're finished talking, that's just as important as how you break the ice, you got to stick to dismount. This is a big thing to me, as a doctor, my knowledge, like I guess I was an expert in what I was talking about. So that wasn't a problem. But it was the delivery. And being personable, like I felt very boring. I didn't know how to break the ice. It was just like, Hi, everyone, my talks at the library. I was giving PowerPoint slides. And I'd be like, hello, everyone. I'm Dr. Liana Rodriguez.

And today we're gonna talk all about gluten. And it was the slide set that literally saved my life. Because I didn't have like a personable signature speech, right. I didn't have like a talk. And I wasn't well versed at that point, to really have that back and like play with energy in the audience because it's really energy, language energy. That's so I love that you said that. It's like having techniques and strategies to

deal with icebreakers, being more personable. And then like, how do you dismount? Like, how do you end it in a professional and kind of more nonchalant sort of way, because a lot of coaches and practitioners and people in service industries don't want to sound icky, sales if we're making an offer at the end of our speech.

And so how do you do? It's like, that's always a looming question. Right? How so? How do we deliver content that's dry? And then also a lot of the time we're in that left brain and we feel like we're boring. I know, that's something that I've heard a lot of people right? Also, too, and seeing your growth. I remember you having so many things in your presentation. Oh, yeah. That it would not allow you to be as free flowing, because you were trying to get everything in, everything had to be in and everything had to be set up a particular way. And sometimes having too much information doesn't allow you to be as free and open, in your speech. And a lot of those things. Once you've said everything, it doesn't allow your audience to be able to ask you questions, if you said everything, then they have no reason to ask you to delve more into what it is that your specialty is.

And in many cases, if you're selling something, you don't want to give everything out at one time you want people to engage and then call your number or hit your website up, you want to entice them into that. So seeing your growth, and not giving everything but doing enough to where you entice people to want to engage. That is the key getting people to engage, listen to what you're saying, and share because the speaker learns from the audience, just as the audience learns from the speaker. And I think I'm gonna repeat what you just said about not giving everything so sometimes when we say and I learned this too, you've helped me through this, is not saying too much, because actually, it's too complicated this, so you actually can have more impact by saying less exact, and it's a paradox. So sciency people like myself, right?

We want to tell everyone everything. Yes. We don't want you to miss a beat. Yes, we want to share everything that we know because it is literally life changing, right? But right when someone like you comes in tells us, we're not supposed to tell everyone everything. It's like so counter intuitive. Just feels wrong in our body because we're literally trained to just bleed out and like give everything and just tell right.

So as a speaker, coach, what is it that you can help people do? Mm hmm. Okay, well, what I do in a nutshell is I help people create strategies to become more comfortable in their own skin with public speaking, whether that's on stage or online in order to deliver their message more authentically, so that they can translate the value of what they have to offer more effectively. And also help them learn how to deal with that impostor syndrome we talked about earlier, whenever that comes up, typically takes about 15-20 minutes, a good conversation for me to kind of adapt to your personality because you spent so many years broadcasting and being a voice actor and that sort of thing. So one of my skills from doing that is being able to get in tune with a person's personality. What are some of the strengths, weaknesses, their deliveries, almost like a chameleon, it's kind of like kind of sink in. That way, I can listen to what you do help you adapt to all those different adversities, then I teach you how to basically 10x your personality so that you can be more magnetic to your audience, whenever your public speaking or having to make a delivery. I'm all about being more magnetic.

Energy, being magnetic and all about that, because I also believe that when you are more yourself, and you show up more authentically, you also attract more of the people that you want to work with. 100%. You're gonna find your people, they're gonna find you, and they're gonna be like, "That's my person". Yes, that's who I want to work with. Right? They want to feel that authenticity every time. Thank you so much Tabari. Thank you. This has been such an enlightening conversation. And I really hope that people take some of the things that you've shared in this conversation and put them into action because they've really skyrocketed my ability to go on stage and speak to audiences with much less fear.

And that's the key, to being able to get out of your own way so that you can be your full authentic self, and reach your full potential, and ultimately get the results that you want. That's what it's all about. Alright, my friends, if you would love to know how you can work with Tabari so that you can improve your stage presence and public speaking skills. I'll put his information down in the show notes, and until next time, sending the highest of vibes your way.

Are all the pieces starting to come together. You were built for this. Let's keep the life and business longevity buzz going over in my Facebook group called Sustain Your Success for Lucrative Ladies. And if you found any value in this episode, I would love if you left me a review so that I can help other women just like you.

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