

TO BOOST YOUR CONFIDENCE  
DURING YOUR PRESENTATION.



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# 1 OPEN YOUR CHEST AND ARMS AND KEEP YOUR BACK STRAIGHT.

THIS POSITION WILL MAKE YOU  
BREATHE BETTER AND YOU'LL  
FEEL MORE RELAXED.



TO MAKE  
YOUR AUDIENCE  
COMFORTANBLE.





TO MAKE  
YOUR AUDIENCE  
COMFORTABLE.  
SIMPLY

**SMILE**

SMILING IS OUR MOST  
**POWERFUL WEAPON.**

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