## FROM CAMERA SHY TO CAMERA CONFIDENT

**METASPEECH** 





#### MARIANA LUCIA MARQUEZ

Communication Skills Coach

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Choreographer

Dance Artist @Sadler's Wells Summer University 2015-2018

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Entrepreneur

Co-founder/COO of online book dealer.

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Intrapreneur

Argentina's National Audiovisual Dance Archive

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Mentor

Resident Pitch Coach @WayraUK @Cannes Lions R/GA Startup

Academy, Pitch@Palace, Google for Entrepreneurs.

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Speaker

@4YFN/ Mobile World Congress, TechweekNY, SoDaAcademy, WOW Talks Women in Tech.

#### ACCELERATORS

#### INCUBATORS

#### STARTUPS

#### GROWING &

#### **ESTABLISHED BUSINESSES**

CONFERENCES

Google





Stinkdigital











Imperial College London





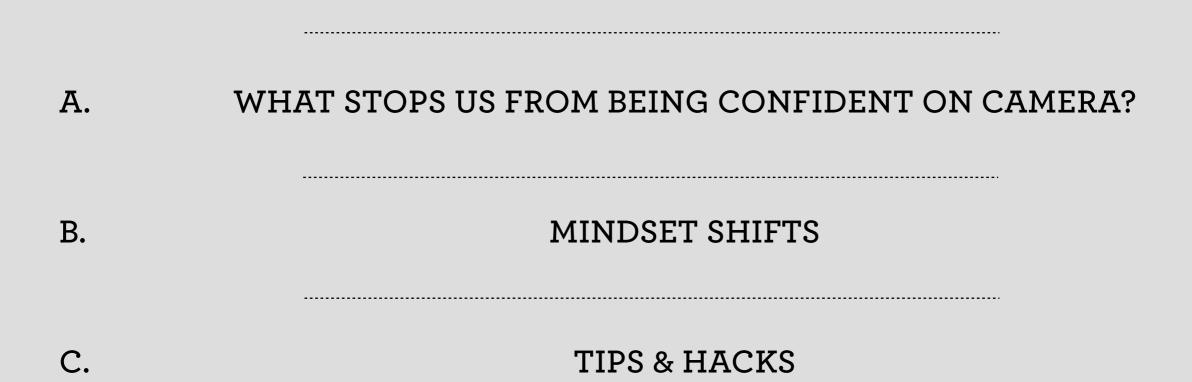








### FROM CAMERA SHY TO CAMERA CONFIDENT



DISCLAIMER

IT'S JUST ONE HOUR!

A.

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WHAT STOPS US

## WHY SPEAK? WHAT'S TO BE GAINED?

# WHAT'S HARD ABOUT PUBLIC SPEAKING | BEING SEEN | TAKING UP SPACE?

## THE VISIBILITY WOUND

- Being a Fraud
- Shine Too Much
- Too Passionate
- Not Bold enough

#### THEY ALL LEAD TO THE BIGGEST FEAR OF ALL

TO BE DISLIKED

& ISOLATED/ CAST OUT

В.

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MINDSET SHIFTS

## MINDSET SHIFT 01

"There aren't two of me or my products/services"

- Unique Life Experiences
- Unique Perspective
- Unique Goals (my why)

Unique Flavour = Unique MESSAGE

## /// MINDSET SHIFT 02

### Our product/ service is someone's ideal SOLUTION.

SELLING = LOVE

## /// MINDSET SHIFT 03



## INNER TRUTH

What do you care about so deeply

that your business exists because

of it?

(A 'die on the hill for' kind of thing)

I care deeply about peace (not just personal peace, but global peace). And I truly believe that a more peaceful world starts with more female leaders. Across governments, companies, and communities, the data shows it: when women lead, things improve.

But leadership starts with voice:

The first step to owning our power is being able to speak our heart's message and dare to become visible.

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TIPS & HACKS

### ON CAMERA **TECHNIQUE**<u>FILMING</u>

POSTURE : ACTIVE STANCE
EYE CONTACT: ON CAMERA (IMAGINE A PERSON YOU KNOW)
VOICE: PROJECT TOWARDS THAT PERSON
START WITH "HI EVERYONE" THEN EDIT IT OUT
SCRIPT THE FLOW, NOT THE TALK

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**STILLNESS = STIFFNESS** 

MOVE TO FEEL LIKE YOU

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HACK NERVES -> RELAX YOUR JAW

## // BABY STEPS

## WHAT YOU CAN TOLERATE + 5-10% CHALLENGE

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Q&A

# WHAT ARE YOUR KEY TAKEAWAYS

INSTAGRAM @METASPEECH\_

## FREE 'Ultimate Confidence Checklist' coaching.metaspeech.com/confidence

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**METASPEECH** 

MARIANA LUCIA MARQUEZ

Founder & Communication Skills Coach

mariana@metaspeech.com

metaspeech.com