



7 TIPS TO AVOID RUNNING OUT OF BREATH

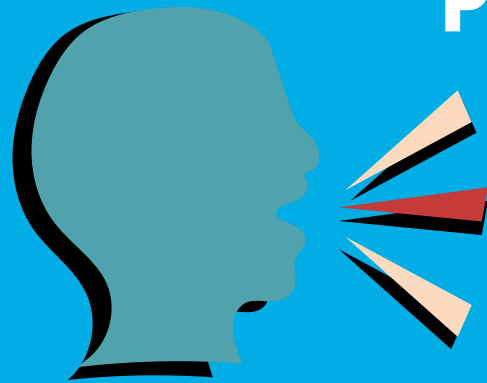
01



ACCEPTANCE IS KEY (MINDSET)

- Shallow breathing = a normal stress reaction.
- Stop fighting it, accept that it's part of the process.
- Laugh about it, give it some space: "It's okay."

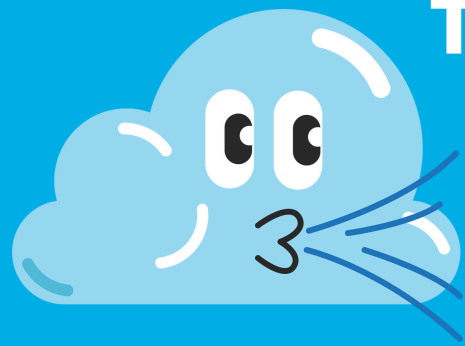
02



PRACTICE OUT LOUD (PREPARATION)

- Practice your presentation out loud several times.
- Notice where pauses are needed and where sentences are too long.
- Speak from the essence, not word for word.

03



TAKE TIME TO BREATHE (IN THE MOMENT)

- Take a calm breath before you begin.
- Feel your feet, connect with the space.
- Dare to pause and start calmly.

04



TAKE UP SPACE WITH YOUR POSTURE (DURING PRESENTATION)

- Stand firm, open, and upright.
- "Power posing" (2 min.) = more calm and self-confidence.
- Taking up space = more room to breathe.

05



KEEP IT SIMPLE (PREPARATION)

- Make choices in your content: less is more.
- Focus on your core message.
- Calm structure → calm speaking.

06



"DARE TO ALLOW SILENCES (DURING PRESENTATION)"

- Pauses = power.
- Make clear points in your story.
- Silences give both you and your audience room to breathe.

07



"VISUALIZE CALM AND EASE (PREPARATION)

- Imagine yourself speaking in a relaxed and enjoyable way.
- Stop catastrophizing ("what if I run out of breath").
- Positive images bring calm, energy, and focus.