

**It's Your Time To Shine: How To Overcome Fear Of
Public Speaking, Develop Authentic Presence And
Speak From Your Heart By Damon Thomas, Sandra
Zimmer**

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Sandra zimmer | professional profile - linkedin

My book, "It's Your Time to Shine: How to Overcome Fear of Public Speaking, Develop Authentic Presence and Speak from Your Heart," was written to help allow

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It's Your Time to Shine: How to Overcome Fear of Public Speaking, Develop Authentic Presence and Speak from Your Heart. Front Cover. Sandra Zimmer.

We say we want to be more authentic, but our behavior reveals

If you're on Facebook, I'm sure you've had discussions with your friends as I have about taught it's not safe to share the realness of our challenges, and we're scared to be When I first began public speaking 10 years ago and talked about the 12 We run from being authentic, and of being in the presence of real, brave,

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It's Your Time to Shine: How to Overcome Fear of Public Speaking, Develop Authentic Presence and Speak from Your Heart [Sandra Zimmer, Damon Thomas,

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Training programs are offered in public speaking, presentation skill training, acting classes, of Sandra's book, It's Your Time To Shine: How to Overcome Fear of Public Speaking, Develop Authentic Presence and Speak from Your Heart.

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It's important for public speakers to understand the difference. In 2009, I published my book It's Your Time to Shine: How to Overcome Fear of Public Speaking, Develop Authentic Presence and Speak from Your Heart. Your

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Perhaps your daily life is driven by cycles of hope and fear. Public speaking coaching supports you to develop real presence and a quality of wakeful attention.

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Zimmer and have read her book It's Your Time to Shine: How to. Overcome Fear of Public Speaking, Develop Authentic Presence and Speak from Your Heart

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“To speak gratitude is courteous and pleasant, but to live gratitude is to touch This is god consciousness speaking, not the ego that is seeking recognition. “When there is love in your heart, everything outside of you also becomes lovable. “This is the way of peace: Overcome evil with good, and falsehood with truth,

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connect with your audience. • dramatically improve your speaking presence. • overcome public speaking anxiety. • respond appropriately to your audience's

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He told me that most of the time, people will freak out because they don't With public speaking, it is the same, but now your mind is trying to find a Funny thing is, I often have to speak in public, and for some reason in I could see both men and women starting to become attracted to my presence, but I

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Lynn, I just want to say (again) what a wonderful experience your class has been. It's true! In just four days, Lynn Kirkham will teach you how to speak from the heart, make . to anyone who has struggled with fear of public speaking or has had difficulty and I felt the words I spoke filled with presence, calmness and heart.

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One caveat: the lessons we learned may not apply to you or your business Our team is unified by its commitment to clients so why would we ask them to stop doing . crowd remark nervously from the podium, "I hate public speaking. .. to regain your authentic leadership presence every time you speak.

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