How to Make $100,000+ as a Professional Speaker
Module 2: How to Land Speaking Engagements & Get Multiple Gigs From One Client

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Organization's Logo

Sample 1 page Handout

Please make a list of times you are forced to stop and wait every day from a few seconds to a few minutes:

PR you & product

Introduction &
Opening Is
Also Promotion

- Set the Room
- Introduction
- Handouts (PR & resources)
- Forms

Opportunity for personal application as well as for sharing in pairs or tables when appropriate.

Speed Through
In 5 Steps
In 15 Seconds
Dr Rob Pennington

FREE 20 min video and 50 page workbook at: www.DrRobPennington.com

1st Definition of Stress

"Stress is resistance to change."

2nd Definition of Stress

"Stress is a signal a change is needed."

GOAL
Worry

3rd Definition of Stress

"Stress occurs whenever I am unable to create a successful image about change in my mind."

I Think I Can!

(...without knowing "How!")

Key Concepts

What I am unaware of controls me, what I become aware of I can change.

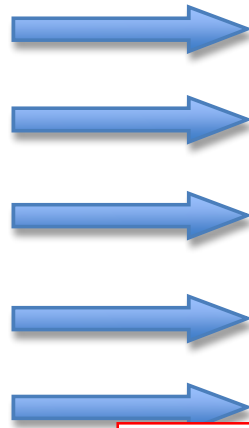AUTOMATIC STRESS REACTION©

Hold Your Breath

Tense Your Muscles

Have Self Doubt

Think Negatively

Get Serious

Current State

STRESS MANAGEMENT RESPONSE©

Breathe Deeply

Relax Completely

Reassure Yourself

Think Positively

Look for Humor

Future State

Your Contact Info

I will practice what I learned today (when & where?):

Place to apply what you have learned and take action based upon what you learned

Product image

FIND THE
UPSIDE
OF THE
DOWN TIMES
How To Turn Your Worst Experiences Into Your Best Opportunities!
DR. ROB PENNINGTON