

THE CHARISMA COACH
CHEAT SHEET SERIES

10 TIPS TO FEEL MORE CONFIDENT AT ANY EVENT

1. **Find out** everything you can about those who will be attending: Where are they from? What do they do? What are their interests? This is what you can talk to them about.
2. **Wear** something that people can talk about; anything that will draw attention and inspire people to approach you. What do you have that would be a good conversation starter?
3. **Read** a couple of mainstream newspapers just before the event so that you can use the headlines as icebreakers. The more conversation fuel you have, the easier it will be to get a conversation going.
4. **Get there early:** This gives you the opportunity to warm up slowly as the other guests gradually arrive.
5. **Remember** in detail the accomplishment you're most proud of just before entering the room. The memory will flood your system with endorphins, which is an instant confidence booster.
6. **Breathe!** When feeling self-conscious, people often draw short, shallow breaths. Instead, focus on taking deep breaths, which have an instant calming and grounding effect.
7. **Pretend** that you're the host of the party: it boosts your self-confidence because it makes the event your event. Better yet, volunteer to be on the greeting committee if you can.
8. **Position** yourself around the buffet: it makes for easy conversations, and when people eat, their endorphin levels rise, which puts them in a better mood, increasing the chance that they'll like you better.
9. **Approach** people standing alone: they're probably feeling awkward and lonely and will be grateful to you for saving them from anonymity.
10. **Compliment** them on something they're wearing, and then ask an open-ended question about it. It's one of the most effective icebreakers around.

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