

# TURBO

## Session 4:

### **4 Common Mistakes Killing Your Confidence & How To Fix Them Quickly Using Your Body**

Your task is to practice the Conversation Map (from Session 3) with another family member or friend whilst deliberately maintaining positive body patterns.

You will increase your confidence levels when you practice:

- 1. Deep breathing – this will help you reduce stress, anxiety and feelings of fear.**
- 2. Keep your head up and maintain good eye contact – but don't stare or become a stalker!**
- 3. Put your shoulders back – this gives you a stronger presence and makes you feel more certain.**
- 4. Positive facial expressions – All you need to do is smile!**

**Question 1: Whom did you practice the conversation map with and what did you learn about them that you didn't already know?**

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**Question 3: What did you do with your body patterns during the conversation to help yourself have more confidence?**

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