

FROM NERVES TO NATURAL: 6 PRO Tips To Speak With Confidence

**QUICK SHIFTS THAT CALM YOUR BODY,
STEADY YOUR MIND,
& LET YOUR MESSAGE SHINE**



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WHY THIS MATTERS

We've all been there—the racing heart, the shaky voice, the swirl of “*what ifs*.” Those butterflies aren't a weakness; they're energy waiting to be harnessed. With a few small shifts, you can turn nervous energy into confident presence. Here are 6 PRO-tested techniques that calm your body, focus your mind, and free your voice so your message lands with impact.

6 PRO TIPS TO TRANSFORM BUTTERFLIES INTO CONFIDENCE

1. Plant Your Feet

When your mind is racing, grounding your body brings you back into the present. You don't need to stand barefoot in the grass—just curl your toes under in your shoes. Feel your foot muscles engage, your legs respond, even your glutes activate. This simple root-down move instantly gathers scattered energy, brings it inward, and anchors you before you speak. You become centered, connected, and steady.

2. Exhale to Reset

A full exhale tells your body, “You're safe.” Breathe out slowly for a count of 6 (or more), releasing every pocket of stale air. Shallow breaths signal stress—but a complete exhale clears space for fresh oxygen and calm. This shift resets your nervous system and allows confidence to rise naturally in place of tension.

3. Take Up Space

When you stretch into space, you signal to your body that you belong here. Stand tall. Open your chest. Place your hands on your hips or lift your arms like wings. Feel your spine rise like a sprouting seed reaching for light. These posture shifts aren't just for show—they trigger the hormones of confidence and help you speak from a place of strength and openness.

4. Focus on Value

Nerves often come from self-focus. Flip that by tuning into what you're here to give. Ask yourself: *Why does this matter to them?* Whether it's insight, encouragement, clarity, or connection—when you speak from service and purpose, your energy shifts. You become a guide, not a performer. That's where real presence lives.

5. Swap “Excited,” for “Nervous”

Here's a brain hack: nerves and excitement feel the same in the body. Racing heart? Sweaty palms? That's your system gearing up. So when butterflies show up, smile and say, “*I'm excited.*” Your brain believes your words—and your whole vibe shifts to one of empowered readiness.

6. Speak to Connect

Instead of locking onto a specific outcome, focus on the moment you're in. Speak to connect. Listen to understand. Take just the next step. Let go of perfect. By engaging fully with *this* moment, you stay responsive and open—and that's where real magic (and confidence) lives.

YOUR RESET CHECKLIST

(Pin this where you prep!)

- ✓ Plant your feet
- ✓ Exhale fully
- ✓ Take up spacer
- ✓ Focus on value
- ✓ Swap excited for nervous
- ✓ Speak to connect

READY TO GO FURTHER?

These 6 tips are your first step.

If you're ready to go deeper, my book **Pro Talk: Get Ahead with Effective Communication** gives you the full toolkit—tested strategies, exercises, and insider media secrets to help you shine.

👉 Grab it at [GPS to Thrive](#).

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From Me to You

Hi, I'm **Liz Stubbs**—award-winning director, communication coach, and your “talent whisperer.” For 25+ years I've helped leaders, creators, and changemakers find their voice, speak with confidence, and show up authentically.

I'd love to help you do the same. ✨