



## **The Top 10 Ways Extraordinary Leaders Boost their Courage, Confidence & Charisma**

### **Boost your Courage**

*Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.--Winston Churchill*

- 1. Act on your beliefs. Know that the world will be missing something if you don't take action**
- 2. Follow your gut, even when everyone else says you're crazy**
- 3. Practice Presence-building Stances**

### **Boost your Confidence**

*One important key to success is self-confidence. An important key to self-confidence is preparation. Arthur Ashe*

- 1. Take action every day toward the thing that means the most to you**
- 2. Do something that scares you every day. Challenge your comfort zone**
- 3. Act as if you're confident, even if you don't feel confident**



## **Boost your Charisma**

*How can you have charisma? Be more concerned about making others feel good about themselves than you are making them feel good about you. Dan Reiland*

- 1. Take time to prepare**
- 2. Think of something pleasant that makes you smile, especially in situations when you're nervous or anxious**
- 3. Choose your seat carefully at a conference table**
- 4. Put yourself in uncomfortable situations regularly so you get used to feeling discomfort and getting through it smoothly**

**Do you want the Courage, Confidence & Charisma to be your very best?**



Jan Wallen inspires and guides extraordinary leaders in building their platform of Courage, Confidence and Charisma to be the best they can be.

She has orchestrated several career changes – from corporate sales to selling skills consultant and advisor, to author, to social selling and social media expert, thought leader and media authority.

Because of her up-to-date knowledge and areas of expertise, Jan's professional advice and expertise are sought after and sourced by publications and media including: NBC, ABC, CBS and Fox News, Business News Daily, the Business Insider, Shelley Palmer Blog, Entrepreneur Podcast Network, iCANny's webcast , and radio shows including Into Tomorrow and BlogTalk Radio (Lead Generation and Prospecting) and Significant Business Results (The New Social Selling Revolution).