Before You Speak

A 15-minute flow for before a presentation or a hard conversation | Roberto Damante

Arrival · Mobility · Warm-up · Standing · Held · Relaxation · Meditation

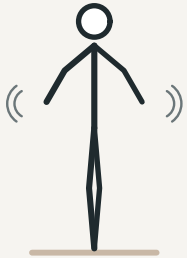
1 ARRIVAL



Stand and land

Feel your feet, 1 min

2 MOBILITY



Shake it out

30 sec

3 MOBILITY



Side bend

Both sides

4 WARM-UP



Reach up

Inhale up, sigh down, 5 times

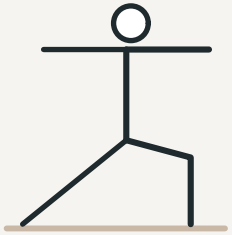
5 STANDING



Chair

5 breaths. Feel your legs

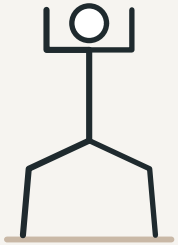
6 STANDING



Warrior 2

Both sides. Steady gaze

7 STANDING



Goddess

Exhale with a long haaa

8 STANDING



Tree

Wobble, recover, both sides

9 MEDITATION



Humming

5 rounds to warm the voice

10 MEDITATION



Hand on heart

Say your first sentence out loud

How to use it

For before a talk, a pitch, or a conversation you've been dreading. It brings you down into your legs, steadies your breath and warms up your voice.

What to say

Close with: *Say your opening line out loud, slowly, and feel your feet while you say it.* Nerves are fine. They usually mean it matters.