

Solve it in 7

THIS WEEK
Take to the stage!

Improve your life in just a week!



Dr Diana Theodores is an executive performance coach, speaker and Director of Theatre4Business (www.theatre4business.com). Her new book 'Performing As You: How to have authentic impact in every role you play' is out now. Here, she shares a few ways theatre skills can improve your everyday confidence.



Awaken your passion

2

Ever notice how animated you are when you talk about something that inspires you? Whatever form your creativity takes, when you are doing something you love, you are on fire! Connect to that passionate, energised you before being in the spotlight. You will inspire everyone around you!

Warm up!

As all great performers know, you have to warm up the 'instrument' that is you! If you need to build courage or get into a positive state for an important event like giving a speech, making an important phone call or going for a job interview, you need to warm up. Deep breaths, stretching tall with your arms overhead, running in place, reading or speaking a few lines of something inspirational aloud at increasing volume and clapping vigorously are all fast and effective ways to warm yourself up, raise your energy, and put you into a positive state.



3 Act 'as if' and whistle a happy tune

The song 'Whistle a Happy Tune' from the musical *The King and I*, is about tricking oneself into a state of fearlessness by striking brave poses and thinking big inside. If you don't know the song, look it up! If you do know it, stand up and sing it! Singing is a never-fail act of expressing yourself, so let it rip!

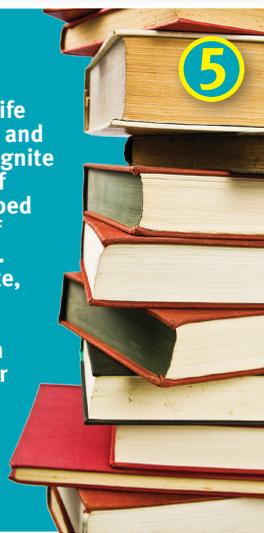
4 Red carpet posture

I'm constantly surprised to see so many smart, talented women present poor posture – sitting hunched over in their chairs with crossed arms and legs, looking as if they're tied up in knots, slumping over to one side in their chairs, or standing and rocking back and forth, looking as if they'd rather be anywhere but where they are. Stand up straight and you have instant gravitas. End of story!

The power of storytelling

5

The stories of your life feed your personal and professional life and ignite your courage. Think of stories that have shaped you and make a list of ones you easily recall. Next to each one, write, *What I learned from this was...*, and then fill in the blank. When you're done, read your lessons aloud. Enjoy your discoveries and feel the energy that comes from your insights.



Dress for the part

Imagine going to the theatre and seeing the actors wearing a grey T-shirt no matter what character they were playing or what story they were telling! 'Dressing for the part' – just like costumes worn by actors to become their characters – is essential for creating a great impression and feeling confident. Take the time to know the environment and audience you are meeting and think about how you need to show up. Preparing yourself aesthetically is your form of getting into the role you need to play as you.



Improvise and be surprised!

We're often terrified by the idea of being unprepared, but we're all highly experienced improvisors in our everyday lives. Remember that speech you gave spontaneously at a wedding or birthday celebration? Or when you made up a story on the spot for a child instead of reading one? Overthinking an action can create more fear and anxiety in us than actually performing the action. And with practice, your improvisational muscles get fitter and stronger and you surprise yourself.