## STACETHANKENo

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Influence in 30 Seconds or Less

## Knowing

 Your Listener-Who are they?


- What do they know about your topic?
- What is their attitude?
- What do they need to know?
- Why is this conversation happening?


## Deliberate Practice

Audio \& video record yourself and watch the playbacks.

Ask for specific feedback from your accountability partners weekly.
Get to the point by communicating with brevity.
Connect with purpose. Only speak when you see eyes.
Focus on continuous improvement rather than perfection.


* Pepper S.P.A.R.K.TM throughout your message to grab attention and increase understanding and learner retention.

