

6 Ways to Become a Confident Communicator

-ArmaniTalks  

Communications skills are what allows the world to flourish. From innovation, progression of culture, business deals & so on. Almost everything that is significant **requires** people. Therefore, being able to communicate with them is crucial to success.

But have you ever fallen into the boat where you struggled with words?

You had a difficulty expressing your thoughts & feelings?

You knew exactly what you wanted to say, but was unable to articulate it?

If so, then you are not alone. Communication skills is at an all time low in today's world. With the rise of technology & social media, many people are opting to become consumers rather than producers. They consume so much that they store excess information. Excess information leads them to overthink in social situations.

Great communicators who can communicate effortlessly with the world **need** to have a producer mindset.

This mindset allows you to become a diamond in the rough. A leader in the sea of followers.

But most importantly, you graduate from a person who is hesitant with words into a **confident communicator**.

Today, I would like to share a few practical tips to help you make the mental transation. If you apply these tips, then you will become a maestro with words.

Let us begin.

1. Fixing your mindset

There is this cliché that gets thrown around in the real world a lot. The cliché is:

You have to find your voice.

Very poor mindset to have in the communication's world. This makes you a passive person who is hoping to one day stumble onto something. At least, that's what it indicates to your subconscious mind.

The correct mindset to have is:

You have to create your voice.

When you adopt this mindset, you feel much more responsible for your future. You are not someone hoping to stumble onto this magical voice.

But instead, you are taking an active role in engineering it. Your voice will evolve with the experiences that you go thru, the struggles that you overcome & the perspectives that you build. But understand that you will be in the process of creating & fine tuning it.

Once you are able to fix your mindset towards this journey, you'll feel more encouraged.

2. Written Journal

A huge part in creating your voice is adding nuances to your ideas. Simply thinking thoughts is not enough.

The average person has over 30,000 thoughts per day. With all these thoughts, it's hard to keep a track of every one of them.

A written journal will help you in your journey because you are now able to SLOW down those thoughts. You will be able to not only slow them down but **structure** them.

You can write a journal in the following forms:

Private

- Pencil & Paper
- Word document

Public

- Twitter account
- Blog

Whichever route you choose, understand that it will aid you in your journey. Your writing skills will add structure to your thoughts. And structured thoughts lead to clear speech.

3. Audio Journal

The audio journal is another way to create your voice. This is huge because it allows you to build a relationship with your voice.

At first, listening back to your voice will feel cringeworthy. You are going to think “Do I really sound like that??”

But fight past the discomfort. Learn to make yourself aware of the good AND the bad of your voice.

Bringing awareness to these elements with your conscious mind will signal red lights & green lights to your subconscious mind.

Keep recording yourself & listening back to the audio. Make sure you remain **present**. Overtime, you will notice each tape becoming smoother & cleaner.

Your voice will become more musical.

2 Ways to do this are:

Private:

- Recorder on your phone

Public:

- Podcast
 - Download audacity
 - Buy an Audio Technica ATR 2100 microphone
 - Upload podcast to a podcast hosting service (Soundcloud, Lybsin. Podbean).
 - Submit RSS feed to podcast providers.

4. Record videos of yourself

The content you discuss in your videos can be similar to the content that you discuss in your written & audio journals. Is videotaping yourself necessary though?

Yes! Seeing yourself in 3rd perspective is a communication skills cheat code.

Why?

Because a lot of your communication issues come thru a fear of being judged.

And you fear being judged because you think you look ugly when talking to people.

This phenomenon is known as ‘The Illusion of Transparency.’

The Illusion of Transparency is when you think your internal nerves are leaking out to the external world. When you feel nervous, this makes you feel extra insecure about our appearance.

Well, the cheat code to this issue is by watching yourself speak more.

View yourself from the other party.

When you see visuals of yourself talking, you indicate to your subconscious mind that there is *nothing* to be afraid of.

- Clarity kills insecurity.

5. Start the Conversation more

Are you someone who just sits & observes others & waits for them to start the conversation?

If so, then you need to fix your ways!

In order to be a confident communicator, you need to spark the conversation more often.

There is no way around this step.

Every human has an invisible social muscle.

Although you cannot see it, it is there.

And in order to work it out & make it do reps, you need to be the person who starts the conversation.

But I get it, talking to strangers or being the first one to start the conversation with someone you know is a little uncomfortable at times.

So, **ease** yourself into it.

Level 1: Spend a few days fixing your body language & displaying confident moves. No words have to be said for this step.

Look them in the eyes, smile & walk.

Level 2: Next few days, just say hello.

Level 3: At this stage, compliment them on something they are wearing or doing.

Level 4: Experiment with a joke & ask them a question.

You get the point.

Jumping from level 1 to 4 is tough. But gradually progressing through each level will ease you into this journey.

The main takeaway is that the more you are the first one to spark the conversation, the more confident you will feel overtime.

Your social muscle will strengthen, and you will feel more dynamic in future social interactions.

The level on ease will make it much easier to clarify your thoughts & feelings.

6. Public Speaking

If you have gone thru the prior steps, at this point, you are going to feel a stronger sense of control over your voice.

But still, you will be feeling very doubtful of whether or not you can handle public speaking.

Normal.

I'm here to tell you that you can.

Just like there is a social muscle that can be exercised, the same concept applies to public speaking.

Even if you have speech anxiety, understand that with 3-5 speeches, your perception will change.

You will go from feeling speech anxiety to speech excitement.

Huge gamechanger in terms of your confidence.

Being able to say that you conquered the number 1 fear in the world has you feeling like you are in an exclusive club.

Also being able to communicate harmoniously with a crowd of people will make 1 on 1 interactions seem like cake!

Public Speaking Blueprint:

1. Find a local toastmasters club near you & check out a few meetings.
2. Volunteer for Table Topics (1-2minute impromptu speeches).
 - a. Once you get a few impromptu speeches under your belt, you will build your speaking confidence.

3. Sign up to give a planned speech. Take the feedback given by your evaluator & apply it for future speeches.
4. After a few planned speeches, sign up to be an evaluator & analyze other people's speeches.
5. Finally, when you have become a pro, take it one level further by becoming a public speaking mentor.

Boom!

Speech anxiety no more.

Bonus Tip: Read a Book Out Loud

Did you know many leaders, teachers & emporers back in the days used to read out loud?

This is a hack to your speech.

Reading out loud helps you become more aware of words, enunciate & work on your tonality.

Plus, you get to read at the same time!

You average bubba hasn't read a book in years!

You are reading a book & taking your voice to the gym at the same damn time.

Call that a 2 in 1 combo.

Words Maestro Status: Unlocked

If you execute all these steps, you will:

- Become a better writer,
- Develop a stronger voice
- Be better in social interactions
- Be able to communicate at scale
- Develop a stronger body language.

All elements into becoming a confident communicator.

Becoming a confident communicator is huge in terms of your growth. Luckily, it is one of the journeys that you are able to make for life.

You will always be presented with new challenges as you level up & you will find a way to rise regardless.

After each of the conflicts that you overcome, you'll feel a stronger sense of self.

Creating your voice is a beautiful journey to make & helps you learn about yourself on a higher level.

The ability to express your thoughts & feelings with the world will ultimately allow you to leave a long lasting legacy.

If you made it this far & need help along the way, sign up for a FREE 30 minute strategy session where we can get you started in the right direction.

Good luck!

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