

# HOW CENTER STAGE IMPROVES CONGRESSIONAL HEARINGS



The gravity of government hearings or oral arguments for the Supreme Court puts the skills and theories of any speaker training to an exacting test. Fortunately, Center Stage skills are reliable even during trying circumstances where outcomes impact many lives. Mastering the nervousness and stress during testimony is essential. When your credibility or facts are being questioned, you need skill as well as truth. The Center Stage training shows you how to convey compassion, composure, and a nimble attitude, no matter what the circumstances.

## EXAMPLE

Issues of confidentiality make it difficult to even allude to an example. Clients have successfully presented to a variety of governing bodies with clarity, impact, and positive results.

## CENTER STAGE TIP

It is important to rehearse at the time of day that you will be speaking. You must prepare your body as well as your brain to function optimally, no matter what time of day or night. It is also important to be well-hydrated. Stress hormones gobble water. If your brain is not well-hydrated, your ability to think on your feet is diminished. Beware: When stressed, it's easy to forget these tips.