

What are the keys to speaking from your heart?

You are standing before your audience

– friends, colleagues, customers, company leaders.

You are brimming with feelings

– of appreciation, pride, excitement.

You want so much to communicate

– to speak what's in your spirit, your soul.

To take off from this platform – so filled with feelings, desire – and deliver the communication that connects, inspires, moves your audience to new levels of trust, to new heights of excitement, you need to learn how to speak from your heart.

What are the keys to speaking from your heart?

One of the keys to speaking from your heart is thinking in images, not worrying about words.

If you want to share a moment, see that moment in your mind's eye – see the environment, see the people, see the action. And then describe what you see – the colors, the textures, the actions large and small.

The more you focus on the image, the more you will connect with the feelings of that moment. The more you connect with your feelings, the more your audience will connect with your feelings.

Another key to speaking from your heart is to trust that your feelings communicate.

Whenever you allow your feelings – particularly positive feelings like joy, pride, happiness, pleasure – to reach the surface, you feel instantly vulnerable. You worry how your audience will react. You are tempted to pull these feelings back, cover up.

What you have to recognize is that expressing genuine, positive feelings opens up channels of communication that are much deeper than words, much stronger than gestures. Feelings communicate powerfully, magnetically. You have to resist pulling back and allow your feelings to emerge.

Another key to speaking from your heart is building from your own experiences.

Most of us have never gone to the moon, or won an Olympic medal, but we have had experiences that have evoked strong feelings – walking alone in a strange place, meeting an interesting person, confronting failure.

By speaking from your own experiences, you will be able to share feelings that are real to you, feelings that your audiences can relate to, feelings that your audiences will remember.

Fundamentally, to speak from your heart you have to trust what you believe, believe what you feel, feel what you experience.