

DISCUSSION GUIDE

ALLOW YOURSELF TO BE BRILLIANT

Brought to you in partnership with public speaking and executive training coach Bill Hoogterp, founder and creator of the Own the Room® public speaking and communication training system. For more tips, resources, videos and information about Own the Room® courses, visit www.owntheroom.com. Also look out for Bill's upcoming book, *"Your Perfect Presentation: Speak in front of Any Audience, Anytime, Anywhere, and Never Be Nervous Again,"* to be published in March, 2014.



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Key Points

Give yourself permission to be brilliant.

The best ideas are inside of you, but you have to ask yourself for them. Once you allow yourself to be brilliant, the ideas will come.

Reach for and find those extra “three centimeters.”

Always ask yourself, what can I do to make it a little bit better? How can I make it special?

Nobody wins when you hold yourself back.

You “playing small” does not help the world. Let your talent shine.

Put yourself first.

You cannot help other people if you don't take care of yourself first.

Personal Inventory

Take 5 minutes to answer these questions:

ACTION

1. Make a list of the people, obligations and responsibilities in your life—your job, children, spouse, charitable work—in descending order of priority. Be brutally honest. Where do you fall on the list?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

2. Imagine you could wave a magic wand and spend your time exactly as you wanted to. Make a new list.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Share with your Circle. 30 seconds each. 5 minutes total.

- What was the greatest difference between your two lists?
-

Now, take 5 minutes to answer these questions:

ACTION

3. Think of a situation within the last month where you held yourself back, “played small,” or dimmed your light. What stopped you from being your brilliant self? What are you afraid of?

4. Make a list of all your talents, strengths and skills. Don’t hold back or play small. What are you great at? What skills or talents would you like to be using more in your work?

Share with your Circle. 30 seconds each. 5 minutes total.

- Share the main fear that stops you from being your brilliant self. And then share one skill or talent that you’d like to use more in your work.
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Practicing Skills

Break into pairs. Revisit questions 3 and 4 from the personal inventory exercise. Spend 5 minutes answering these questions for each partner.

ACTION

1. How can you make your real priority list look more like your dream list? Discuss with your partner and identify one concrete action you can take or change you can make to “put yourself first.”

2. Imagine that, instead of holding back or playing small, you reached for the “three extra centimeters” and “allowed yourself to be brilliant” during the situation you described in the personal inventory. How would the meeting, presentation or project been different? Discuss and identify one concrete way you can deploy your talents, skills and strengths to find those extra three centimeters, and make an upcoming presentation, meeting or project better or special.

Share with your Circle. 30 seconds each. 5 minutes total.

- Briefly share your two concrete actions with your Circle.
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One Action

You, and only you, can give yourself permission to be brilliant. No one else can, or will. Grant yourself that permission. What is the brilliant idea you've been holding back? Maybe it's a new product, or marketing strategy, for your company. Maybe it's an innovation or new approach for a volunteer organization.

Spend five minutes preparing a one-minute presentation of your brilliant idea, and present it to your circle.

ACTION

My brilliant idea:

Present to your Circle and then ask for feedback. Ask for three things you did well and one area where you need to improve. Always focus on the positive. Building on your strengths is the best way to improve. Each person has 1-minute to present and 30 seconds to collect feedback from the group.

Three things I did well:

1. _____
2. _____
3. _____

One area where I need to improve:

1. _____