🧠 The Brain Huddle for Speaking

Rebalance Your Inner Voices and Speak from Confidence, Not Fear

Inspired by Dr. Jill Bolte Taylor's Four Characters
Created by Julianne Buchler | Flip the Fear of Public Speaking

✳️ WHY IT MATTERS

Public speaking fear isn't just mental — it's neurological.
You have four powerful inner voices, and they each want to lead the way. When you take 60 seconds to check in with all four, you create calm, clarity, and confidence.

🧩 Meet Your 4 Characters

Character	Your Inner Voice	Role in Speaking	What It Needs
1	The Planner	Organizes, prepares, executes	A flexible plan + permission to release control
2	The Protector	Fears judgment and failure	Compassion + safety to try anyway
3	The Connector	Expresses, plays, engages	Space to move, laugh, and be spontaneous
4	The Witness	Observes, centers, guides	A quiet moment to return to your "why"

🌬️ The 60-Second Brain Huddle (Do This Before You Speak)

1. Stop and close your eyes (or pause gently)
2. Breathe in and out slowly, 3 times
3. Check-in with each of your inner voices:
    - 🧩 Character 1: “What’s my plan — and what can I let go of?”
    - 💔 Character 2: “What part of me is scared? Can I offer it compassion?”
    - 🎭 Character 3: “How can I bring energy or connection into this?”
    - 🌿 Character 4: “Why does this message matter?”
4. Choose who you want leading your speaking moment. Let the others support, not dominate.

💡 Practice Tip:

Before your next team meeting, interview, or presentation, try the Brain Huddle. Even 30 seconds can shift you from anxious to anchored.

🎤 Ready to go deeper?

Learn how to speak from your full self — with practical tools, mindset rewires, and support.

👉 Join Flip the Fear of Public Speaking
https://julianne-s-school-e5db.thinkific.com/courses/flip-the-fear
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