

EEBBV Warm-Up Guide

Energy • Emotions • Breathing • Body • Voice

A quick guide to help you feel grounded, confident, relaxed, and present before any interview, presentation, performance, or important moment.

ENERGY ————— 5 minutes

Lie down. Close your eyes and breathe.
With every inhale, imagine a bright light inside your heart growing bigger, wider, stronger.
Let this light expand beyond your body until it fills the whole room
— until you feel bigger than the interview, the conference, the performance itself.

EMOTIONS ————— 5 minutes

Ask yourself: “What am I feeling right now?”
Say it out loud: “I’m feeling…” and name the emotion.
Allow any emotion to be there — don’t fight it, don’t rush it.
Breathe into it. Let your breath be affected by the emotion:
if it becomes faster or heavier, allow it.
If a new emotion arrives, name that too.

BREATHING ————— 5 minutes

Shift attention from your head to your body.
Place one hand on your stomach and one on your heart.
Let the body lead, let the mind observe.
Breathe deeply, with longer exhales than inhaled.
This signals safety to your nervous system and grounds you instantly.

BODY ————— 5–10 minutes

Before any speaking situation, release physical tension:
Do simple movements — squats, small jumps, air kicks, air punches, jumping jacks.
When the body gets tired, it relaxes automatically.

VOICE ————— 5–10 minutes

Warm up gently — hum, sigh, stretch your facial muscles, loosen your jaw.
A warm voice carries confidence and clarity.

Total Warm-up Time

Minimum: 25-35 minutes
(A full routine, done calmly and with presence.)

Remember:

Do not go cold into any important job interview, conference, meeting, public speaking, or performance.

Your body and nervous system need a warm-up — it’s your foundation for clarity, confidence, and presence.

**You are valuable.
Your knowledge is needed.
You’re not doing anyone a favour
— you belong in this room,
on this stage, in this moment.**

Take up space. Own it.



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and get your **free meditation** to gain confidence and calm your nerves before an important meeting, job interview or public speech.

