

## How to Master Charisma and Poise

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Take a deep breath, straighten up and put a smile on your face - Before you know it you are in control and you can walk into that boardroom or show up at that party and be charismatic and impressive...

By straightening up your posture and smiling you sent signals to your brain that everything is going to be fine and that the goal for now is to be in control of the situation and make a positive impression.

You have total control of your life and any situation if you approach it with the right attitude. Sometimes all it takes is an awareness of that power and you are already half way there.

### Confident Posture and Poise

Train your body to know the correct postures and movements, and train your face to have the expressions that match your movements, emotion and speech.

If you can simply start with good posture, you will be surprised at the outcome. The rest of it comes almost naturally. With the right attitude and definite intention you can be confident and magnetic, just like the movie stars, icons and celebrities that we so often admire.

It's a skill, and once you have mastered the principals, you can turn it on and off as you like. Use it to your advantage when you need it. You will feel empowered and finally in control of your life.

With the Pizzazz Factor I show you just how easy it is to turn on that Positive Attitude, your charisma and your poise. You will be able to turn on that "Red Carpet radiance" whenever you want or wherever you go.

Once you have The Pizzazz Factor you will feel so self-confident that you can be anything or anyone you want!

Kind Regards

Vanessa Bader

P.S. In The Pizzazz Factor I don't only tell you what to do in order to be as Charismatic and Radiant as a movie star, I show you exactly how!