



## *Tips for Staying In or Coming Back to The Present Moment*

Prepare, prepare, prepare. Preparation is EVERYTHING!

When you have thoroughly attended to all Eight Elements of Design™, it is easier to keep your focus on the learners and the learning.

Make sure you have had all the rest, nourishment and exercise you need!

Release whatever other thoughts are going on by breathing in and out once fully; give your complete attention to the person speaking.

Notice the way the bottoms of your feet are situated on the floor, adjust so that you are standing firmly. Notice your body position, especially your arms; reposition to be open to hearing what others are saying.



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