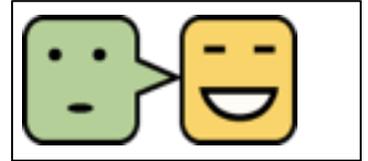


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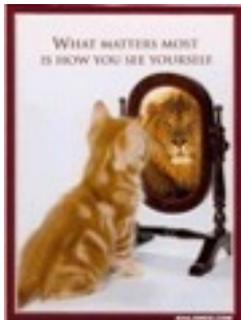
Speaking Tips # 55 2013-01-28

Should you be yourself?

In reply to the question how to behave in order to successfully speak to an audience, some wise people give the specific advice – "Be yourself!" I have pondered a lot about that advice. Be yourself? Who else if not yourself? I cannot see that I am someone else even if I act like an actor and pretend to be, or impersonate, someone else.

What do those wise people mean? I have often wondered over people who go into some sort of mental vacuum in order to find themselves. I wonder who they expect to find? If it's someone else, then it is obviously not themselves. If, against all odds, they happen to find someone else, they have not only failed but might also possibly be disappointed for what's to say that it would be a better person?

No, "we are always we" whatever we do, however we behave and however much we are acting. And we do act. Life is one big theatrical spectacle for everyday and when we are on stage facing an audience. When it comes to gaining an advantage or benefit, we are endlessly clever in dissembling. In



front of an audience we may very well pretend to be somebody else if it is necessary in order to make the audience remember a message or feel entertained. It is even commendable to have certain people as role models and to imitate their ways. We are still ourselves!

Throughout life, we change our way of being. Yet, we can be sure that we will always be ourselves, albeit with some gradual changes. But also a changed ego is an ego and nobody else. So my advice is

You can see yourself as a lion and still be yourself!

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