



## Episode 50 : **To Be Comfortable, You Have to Get Uncomfortable First**

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**Meet phenomenal host, Fiona Cutts, and join her on the magical journey and hear how she changed from being paralysed by shyness to shining with exuberance as an international facilitator, empowering others to create a greater life than they ever thought possible.**

In this episode, Fiona has a conversation with storyteller, author and actor, Tyler Foley (professionally known as Sean Tyler Foley), who tells us he's only an extrovert on the outside. Fiona and Tyler explore his recommendations for shy people when giving presentations and his Three Pillars to being a successful speaker. What would it take for us to be in our own little worlds on stage in the spotlight, too?

### **Key messages:**

- For many of us, time is our most valuable asset and conversations have to be meaningful to have value, to be worth the time
- We don't have to beat ourselves up for not being able to do small talk - what if we're just not interested?
- Shyness is such an inward looking thing, we can change our focus: it's not about me, it's about the audience

- Exercising the muscle of speaking with or in front of strangers, even if uncomfortable at first, gets easier
- '3 Pillars to being a powerful speaker': the thing you are afraid to say is probably what your audience needs to hear; authenticity is synonymous with awareness; and never tell a story without a point and never make a point without a story

**Resources:**

- > Download your free resource - [5 Steps to Overcoming Shyness wherever you are](#)
- > [Find me](#)
- > [Access Consciousness®](#)
- > [Sean Tyler Foley - Upcoming Live Events](#)
- > [Endless Stages FaceBook](#) free community for overcoming shyness and stage fright

Do get in touch with Fiona if you have any questions or would like to suggest a topic for a future Podcast.