



The
enchantingLawyer™

Action Guide

Idit Neuderfer

1. Try the Laundry Machine Exercise

Idit talks about how the laundry machine exercise can really help when you are worried or nervous. It helps you to step out of the situation and regain your composure.

How Does It Apply?

When you are feeling worried or nervous, give the laundry machine exercise a go. Afterwards, write down below how it felt and whether it helped.

Imagine that your laundry machine is at the shaking point at the end.

Imagine putting yourself inside whilst this is running, for a full shake up.

When you have finished, try to relax with some deep breaths.

2. Practice Changing your Voice

Idit describes how the voice is very important in communicating during a presentation. It is a very useful skill to be able to not only change your tone of voice, but also its rhythm to be able to communicate well.

How Does It Apply?

Try Idit's voice changing exercise. Find a child that you can read to, and then practice reading to them in different voices. Write down below what you have noticed.

3. Get in Sync

Idit explains how space is very important in business. One way to create a good space is by getting in sync with the other person. This will create more intimacy without the other person even knowing it, and hence, a better relationship.

How Does It Apply?

When you are trying to build a relationship, try to notice how the other person is breathing. Now try breathing in and out at the same time as them. Afterwards, write down the effect that you think this had.