

WALK IN AND BE SEEN

*Enter Any Room and **Finally** Be Noticed.*

DEDE OKEKE

A WARM WELCOME

Hello, Friend!

My name is Dede Okeke. I wrote this small book just for you. It is a bonus gift. It is short. It is easy to read. And it will help you a lot.

Have you ever walked into a room and felt small? Maybe your hands got shaky. Maybe you looked at the floor. Maybe you wished you could just disappear.

You are not alone. Many people feel this way. But guess what? You can learn to walk into any room with your head up high. You can learn to be seen.

This book has 10 short lessons. Each one is easy. Each one is simple. You can read one lesson a day, or read them all today. It is up to you.

A LITTLE PROMISE

If you practice even ONE trick in this book, people will start to notice you more. That is a promise.

Why We Feel Small

Before we learn the tricks, let's talk about why we feel small in a room full of people.

It is because our brain likes to keep us safe. When we walk into a new room, our brain says, 'Careful! People are looking at you!' This makes our heart beat fast. It makes us want to hide.

But here is a secret. Most people in that room are also thinking about themselves. They are not really watching you as much as you think. Everyone is a little bit nervous, even the people who look confident.

So the first step is this: know that feeling small is normal. It happens to everyone. But you do not have to stay small. You can practice, and practice makes it easier.

REMEMBER THIS

Nobody is born brave. Brave is a skill. And skills can be learned, just like riding a bike.

The Stand Tall Trick

Your body can change how you feel. This is a real trick that works fast.

Before you walk into a room, stand up straight. Pull your shoulders back a little. Lift your chin up, just a bit. Take one big, slow breath in, and let it out slowly.

When your body stands tall, your brain starts to feel brave too. It is like your body is telling your brain, 'We are okay. We are strong.'

- Stand with your feet apart, like a tree with strong roots.
- Keep your shoulders back, not curled forward.
- Lift your chin so your eyes look forward, not down.
- Breathe in slow through your nose, out through your mouth.

TRY IT NOW

Stand up right now. Stand tall for 10 seconds. Notice how you feel a little bit stronger already.

The Power Walk

How you walk tells people a story about you, even before you say one word.

If you walk fast and jumpy, or slow and looking at the floor, people may think you are worried or unsure. But if you walk with slow, steady steps, people will think you are calm and sure of yourself.

Here is the Power Walk. Walk a little slower than normal. Take steady steps. Let your arms swing gently. Look ahead of you, not down at your shoes.

- Slow down your normal walking speed just a little.
- Keep your head up and eyes looking forward.
- Let your arms move naturally by your side.
- Take one breath before you step through any door.

PRACTICE SPOT

Practice your Power Walk at home first, down a hallway. It will feel strange at first. That is okay. Soon it will feel normal.

The Eye Contact Secret

Eyes can say a lot. When you look at people, they feel like you see them. This makes them like you more.

When you walk into a room, look around gently. Let your eyes land on a friendly face. Give a small nod or a smile. This tells people, 'I am here, and I am friendly.'

If eye contact feels hard for you, try this small trick. Instead of looking right into someone's eyes, look at the space between their eyebrows. It looks the same to them, but it can feel easier for you.

- Look up and around the room, not down at the floor.
- Hold eye contact for about 3 to 5 seconds at a time.
- Add a small smile when your eyes meet someone else's.
- It is okay to look away sometimes. That is normal too.

SMALL STEP

Start with people you know. Look them in the eyes when you talk. Then try it with new people, little by little.

The Smile Rule

A smile is one of the strongest tools you have. It is free. It is easy. And it works every single time.

When you smile, your brain feels happier, even a little bit. And when other people see your smile, their brain feels happier too. Smiling is like passing good feelings from one person to another.

You do not need a big, wide smile. A soft, warm smile is enough. Try smiling with your eyes too, not just your mouth. People call this a 'real smile' and everyone can feel the difference.

- Practice your smile in a mirror for one minute a day.
- Smile first, before you speak to someone new.
- Let your smile reach your eyes, not just your mouth.
- A soft smile works better than a big, forced one.

FUN FACT

Scientists say smiling can make you feel calmer, even when you are nervous. Try it before a big moment.

Wear What Makes You Shine

You do not need expensive clothes to be noticed. You need clothes that make YOU feel good.

Think about your favourite outfit. The one that makes you stand a little taller. The one you feel proud in. That feeling is what matters most, more than the price tag.

Clean clothes, clothes that fit you well, and one small item you love, like nice shoes or a bright colour, can help you feel ready to be seen.

- Pick clothes that fit well, not too tight or too loose.
- Wear one colour or item that makes you feel confident.
- Keep your clothes and shoes clean and neat.
- Wear what feels like 'you', not what others expect.

SIMPLE TRUTH

Confidence is the best outfit. Even simple clothes look great when you wear them with a straight back and a smile.

Say Your Name Loud And Clear

When you meet someone new, your name is the first gift you give them. Say it clearly. Say it with a little pride.

Many people mumble their name because they feel shy. But a clear, steady voice makes people trust you and remember you.

Try this: 'Hello, my name is (say your name).' Say it slowly. Do not rush. Look at the person while you say it. This small habit makes a big difference.

- Practice saying your name out loud, alone, a few times.
- Speak a little slower than feels normal to you.
- Look at the person's face when you say your name.
- Add a small smile and a nod when you greet them.

TRY THIS

Say your full name out loud right now, like you are meeting someone important. Notice how it feels.

The Pause Trick

Have you seen someone walk into a room and stop for just one second before moving? That short pause is powerful.

When you rush into a room, it can look like you are trying to hide or escape. But when you pause, even for two seconds, it tells the room, 'I belong here. I am not in a hurry.'

The next time you walk into a room, stop just inside the door. Take one slow breath. Let your eyes look around. Then walk in with your Power Walk from Chapter 3.

- Pause for two or three seconds after entering a room.
- Use this pause to take one calm, slow breath.
- Let your eyes travel gently around the room.
- Then walk forward with steady, calm steps.

WHY IT WORKS

A short pause makes you look calm and sure of yourself, even if your heart is beating fast inside.

Listen First, Talk Second

Many people think being noticed means talking a lot. But great listeners are noticed just as much, sometimes even more.

When you listen well, people feel important. They will remember how you made them feel, and they will want to talk to you again.

To listen well, look at the person, nod a little, and wait until they finish before you speak. Ask a small question about what they said. This shows you were really listening.

- Let the other person finish talking before you speak.
- Nod your head gently to show you are listening.
- Ask one small question about what they just said.
- Avoid looking at your phone while someone is talking.

GOLDEN RULE

People do not always remember what you said. But they always remember how you made them feel.

Leave A Mark When You Leave

The way you leave a room matters just as much as the way you walk in.

Do not just slip away quietly. Say a warm goodbye. Thank the person for their time. Give a small smile. This is the last thing people remember about you, so make it count.

Try saying something like, 'It was so nice talking with you.' Or, 'I really enjoyed this.' Simple words like these leave a warm feeling behind.

- Say a clear, warm goodbye before you leave.
- Thank the person or the group for their time.
- End with a smile, just like you started with one.
- Walk out with the same tall, calm steps as walking in.

LAST IMPRESSION

People remember beginnings and endings the most. Make both of yours warm and strong.

Your Walk-In Checklist

Before you walk into any room, run through this short list in your head. It only takes a few seconds.

1. Stand tall. Shoulders back, chin up.
2. Take one slow breath in and out.
3. Pause for two seconds after you enter.
4. Look around and find a friendly face.
5. Smile, softly and warmly.
6. Walk with slow, steady, calm steps.
7. Say your name clearly when you meet someone.
8. Listen more than you talk.
9. Leave with a warm goodbye and a smile.

PRACTICE PLAN

Your 7-Day Practice Plan

Reading is good, but practice makes these tricks feel natural. Try this simple plan for one week.

DAY 1

Practice the Stand Tall Trick in front of a mirror, three times.

DAY 2

Practice your Power Walk down a hallway at home.

DAY 3

Practice eye contact and smiling with someone you trust.

DAY 4

Say your name out loud, clearly, ten times.

DAY 5

Practice the Pause Trick when you enter any room today.

DAY 6

Practice listening first in every conversation you have.

DAY 7

Put it all together. Walk in, pause, smile, and shine.

You Are Ready To Be Seen

You have finished this bonus guide. Now you know 10 simple ways to walk into any room with your head held high.

Remember, this is not about being perfect. It is about small, steady steps, just like the Power Walk itself. Practice a little every day, and soon these tricks will feel like a natural part of you.

ABOUT THE AUTHOR

Dede Okeke writes simple, friendly guides to help everyday people feel more confident, more seen, and more sure of themselves, one small step at a time.

DEDE OKEKE

Thank you for reading. Now go walk in, and be seen.