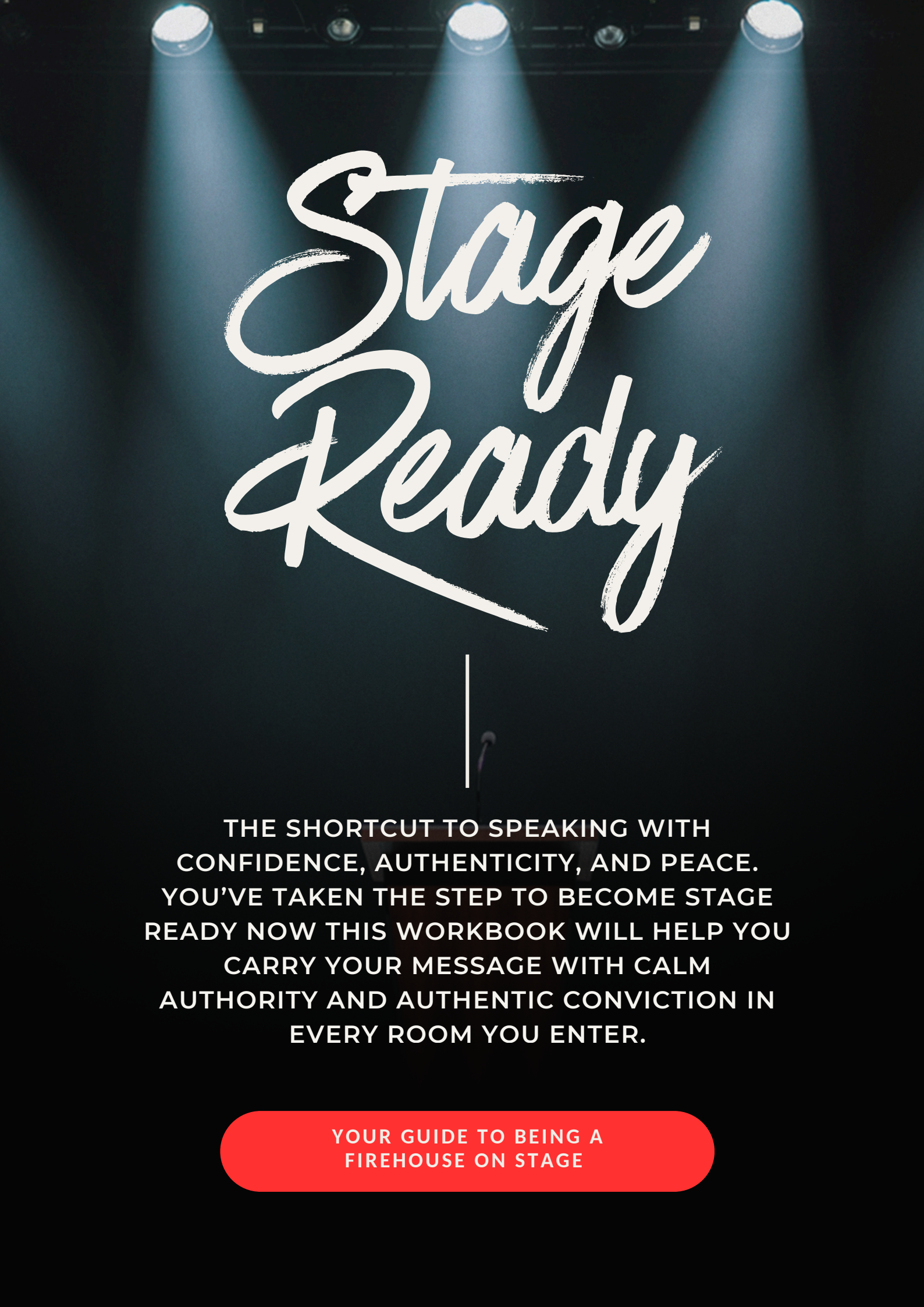


Stage Ready

THE SHORTCUT TO SPEAKING WITH CONFIDENCE, AUTHENTICITY, AND PEACE. YOU'VE TAKEN THE STEP TO BECOME STAGE READY NOW THIS WORKBOOK WILL HELP YOU CARRY YOUR MESSAGE WITH CALM AUTHORITY AND AUTHENTIC CONVICTION IN EVERY ROOM YOU ENTER.

YOUR GUIDE TO BEING A FIREHOUSE ON STAGE

WELCOME, SPEAKER!

IT'S TIME TO GO FROM SHRINKING TO STANDING IN YOUR FULL VOICE

You're here because you have a message, and it's time to share it on stage.

Stage Ready was created to help women like you speak with peace, presence, and power without shrinking or performing.

This isn't about learning how to sound confident; it's about becoming the woman who already is.

Take a deep breath. You're not here to prove anything, you are here because your voice is powerful and is designed to

Welcome to Stage Ready.
— Dr. Ashley Gaddy Robbins



HOW TO USE THIS BOOK

This workbook will walk you step by step through reflecting on your story, clarifying what matters most, and building a message you can internalize, not memorize. The goal isn't perfection. The goal is confidence, presence, and trust in your voice.

- **TAKE YOUR TIME. THIS IS NOT MEANT TO BE RUSHED.**
- **WRITE HONESTLY, NOT IMPRESSIVELY.**
- **WHEN DID YOU FIRST START FEELING NERVOUS ABOUT USING YOUR VOICE PUBLICLY?**
- **YOU MAY REVISIT SECTIONS MORE THAN ONCE, THAT'S EXPECTED.**
- **THERE ARE NO WRONG ANSWERS HERE.**

SECTION 1

YOUR VOICE & YOUR WHY

Before we shape a message, we start with you.

Reflection Prompts:

- Why do you feel called to speak right now?
- What moments in your life made you realize your voice matters?
- When do you feel most yourself when speaking?

Write freely below:

SECTION 2

YOUR CORE STORIES

Strong speakers don't rely on facts alone, they speak from lived experience.
In this section, you'll begin documenting key stories from your journey.

Story Mapping: List 3–5 moments that shaped you. These don't have to be dramatic, they just need to be true.

- A challenge you navigated
- A lesson you learned the hard way
- A turning point
- A realization that changed you

For each story, answer:

- What happened?
- Why does this story still matter to you?
- What did it teach you?

SECTION 3

THE LESSON BENEATH THE STORY

Stories become powerful when we understand the lesson they carry.

Choose one story from Section 2 and explore it more deeply.

Reflection Prompts:

- What does this story reveal about you?
- What truth might others see themselves in?
- What would you want the audience to walk away remembering?

SECTION 4

YOUR MESSAGE ANCHOR

Instead of memorizing a speech, Stage Ready speakers anchor their message.
Your message anchor is the central idea you want your audience to hold onto.

Complete the sentence:

- If my audience remembers only one thing, it's this: _____

Now expand:

- Why does this message matter now?
- Who needs to hear it?

SECTION 5

ORGANIZING YOUR THOUGHTS (WITHOUT A SCRIPT)

This section helps you create flow, without forcing yourself into memorization.

Message Outline: Use keywords or short phrases, not full sentences.

- Opening idea:
- Key story:
- Core lesson:
- Supporting insight:
- Closing thought:

This outline is your roadmap, not a script.

SECTION 6

SPEAKING FROM CONFIDENCE, NOT NOTES

Confidence doesn't come from remembering every word. It comes from trusting your preparation.

Reflection Prompts:

- What parts of your message feel strongest?
- Where do you feel tempted to over-explain or perform?
- What would it feel like to speak this message as a conversation?

SECTION 7

EMBODYING YOUR VOICE

Your voice lives in your body, not just your mind.

Grounding Practice:

- How does your body feel when you speak confidently?
- What helps you feel present and regulated?
- What does your natural speaking rhythm feel like?

Note anything you want to remember before you speak.

SECTION 8

YOUR STAGE READY AFFIRMATION

Close this workbook by affirming your readiness.

Write your own statement:

“I am Stage Ready because

.

Return to this whenever doubt shows up.

FINAL NOTE

You don’t need this workbook in your hands to be a powerful speaker.

You need what’s already inside you, clarity, honesty, and trust.

Bring this workbook with you to the workshop. We’ll build on what you’ve started and practice bringing your message to life.

Your voice is ready.

Go Get ‘Em
— Dr. Ashley Gaddy Robbins

