

The image is a screenshot of a Zoom meeting. The main content is a slide with a white background and a dark border. The slide is titled "7 Steps" in a bold, serif font. Below the title is a numbered list of seven items: 1. Love the one you do, 2. Help each other, 3. No comparison, 4. Persistence, 5. Perception, 6. Active listening, and 7. Self awareness. To the right of the list is a dark blue square with white text and illustrations. The text reads "A JOURNEY OF A THOUSAND MILES BEGINS WITH A SINGLE STEP". The illustrations include a lighthouse, a sailboat, a mountain, and a sun. In the bottom right corner of the Zoom window, there is a small video thumbnail of a man with glasses and a blue shirt, identified as "Ramesh Raddy". The Zoom interface shows "Recording LIVE" and "on Custom Live Streaming Service" at the top, and system icons at the bottom.

**How to possess confidence in your communication.**

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