



Top 10 Confidence Builders in Hosting

1. You're actually inviting somebody over (many people never do).
2. People love to be invited and are already feeling supportive of your efforts just because they were invited.
3. Nobody can host in the way you can. You have a history, style, and particular space. "You doing you" is enough.
4. There's no right or wrong; there's only welcome.
5. People feel more comfortable when others mess up (yes, you heard me right!).
6. So any mess-ups are endearing and help people relax.
7. Think about what your intent is for the gathering beforehand and structure accordingly (we'll help!).
8. Share some sense of what to expect with your guests (they'll feel more comfortable if they arrive in a ball gown vs. blue jeans if they were supposed to).
9. Keep it simple enough that you can be with your guests vs. off in the kitchen.
10. Learn from others what you don't feel confident in.
11. BONUS: Send people off with a charge, a call to action ("Take this party atmosphere with you through the playlist we enjoyed tonight," for example.)