

## MANAGE YOUR FEAR OF PUBLIC SPEAKING!

In the workplace ... what is the 'number one' fear?

Going for a career change ... what is the 'number one' fear?

In the board room presenting the 'team talk', new idea or product, what is the 'number one' fear?

In the wedding bridal group ... what's the 'number one' dread?

At a significant family event ... what makes the palms of your hands sweaty?

**The Fear of Public Speaking** is often classed as the number one 'fear' of all fears!

Why?

Because **we are afraid of being humiliated in front of others!**

The fear can manifest itself in many ways, trembling, panicky, butterflies, increased heart beat, dry mouth, flushing or red rising beneath your collar a visual manifestation of inner anxiety.

As horrid as these anxieties are, they are normal reactions.

You are not alone **The Fear of Public Speaking** is the 'number one' fear. But why suffer?

There are techniques you can use to overcome the dread of 'being humiliated'.

- 1) Plan what you want to say!
- 2) Write down the main points in bullet point.
- 3) Practice, you don't have to memorize everything
- 4) Time yourself – be disciplines and stay well within the allocated time for your presentation.

Practice, practice, practice! Practice builds confidence.

Some people use the trick of asking permission to refer to notes, or to be nervous. If you wish to do this, be prepared for some clown in your audience not to grant permission! Have an answer ready should this situation arise.

Personally I don't ask permission to speak or use notes etc. My audiences have come to listen to my message and to ask permission can be interpreted as being incompetent!

I work with people to the point where they understand and overcome their anxiety, the skills they learn increases their confidence so they have no need to ask permission or apologize for using their props.

Please don't misunderstand me, 'permission selling' is another topic.

Back to the practice... most people do not want to hear this, but the best way to conquer the fear of speaking from stage or to an audience is practice, practice, practice.

The only way a musician becomes 'one' with their musical instrument is by daily working with it. Conquering the fear of Public Speaking is the same. You can practice tone, voice projection, pauses and flow of speech by reading aloud – newspaper news and business articles. Read them as if you were on stage speaking before a large audience. It will increase your confidence.

**No fear should rule you!** The ability to stand in front of your peers and present a an idea; to get up on stage and get your message out to many people, allows you to touch a roomful of strangers and more importantly, move them to follow the cause close to your heart.

As you overcome your anxiety and fear of Public Speaking it allows you to build your customer base, multiply your sales and increases your confidence.

Start practicing this week? Who knows how much confidence you'll get from simply standing up and shining your light in the world.

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