FEAR OF PUBLIC SPEAKING

75% of people have some degree of fear about public speaking (ranging from slight nervousness to near terror!). The technical term is **Glossophobia**.
However, remember that you "speak in public" every day (and think nothing of it!).

But when it comes to "public speaking", ie. speaking to other people (who you may well not even know) in a meeting or in a conference room or whatever, that can be a completely different story.
But it's just like riding a bike. The more you do it, the easier it becomes!

Also remember that even "great" public speakers (with very few exceptions) didn't necessarily start out that way. It took them time and practice!

Reasons why you get nervous & potential solutions

(1) Fear
You may see public speaking as <u>stressful</u> which can cause our old friend, the "fight or flight" response, to kick in – dry mouth; sweaty palms; churning stomach; etc. etc.
Try using relaxation and breathing techniques to stay calm.
Or use "visualisation" – "picture" yourself calmly delivering what you have to say.

(2) Lack of confidence
This can be caused if you adopt a "what if" <u>negative</u> mindset.
You torture yourself with thoughts like – WHAT IF …. "my mind goes blank" or "I say the wrong thing" or "People won't listen to me" …..
But *what if* all this negativity is just a "story" you've made up in our own head and, <u>instead</u>, you're actually going to out and absolutely crush it?!

(3) You don't like the sound of your own voice
Remember that your voice sounds different to other people!
So …. record and/or video yourself speaking.
Also consider getting someone (you trust!) to listen to you and give feedback.

(4) Content – "What on earth am I going to say"?
Prepare beforehand so that you know your subject inside out. That will also increase your confidence and improve your 'delivery'.

Finally - **Practice! Practice! Practice!**

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