

Overcoming Your **Fear** of Speaking

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Choose your Topic

- Something you know
- or
- Something you are learning

- Then:
 - Research
 - Research
 - Research

Stick to what you Know

- Be confident about what you know
- Don't apologize
- Never fake it

You are the Teacher

- Step up for this presentation
- Avoid checking in

Presentation Script

- Complete detail is not required
- Myths:
 - You must write an entire script
 - You should read the entire script

Write Notes

- Presentation
 - Use as a cheat sheet
- Backup
 - When you encounter a brain fart

Presentation Slides

- Use for impact
- Use for reference
- Myth:
 - Everything should be on one slide

Stick to the Topic

- Give the session as advertised
- When it is off-topic
 - Take it off-line

Warm Up

- Vocal exercises
 - Tongue twisters
- Breathing exercises...
- Physical relaxation
 - Body, facial muscles...

Body Language

- Pacing
- Posture
- Pants

Appearance

- Who cares?
- Dress better than the audience
- Be comfortable

Microphone

- Be seen behind it!
- Proper positioning
- Something to do with your hands

Hands

- Podium
- Clasp together
- By your side
- **Myth:**
 - Don't use pockets

Eye Contact

- Connect with people
- Myths:
 - Look over their heads
 - Scan the audience
 - Imagine them "naked"

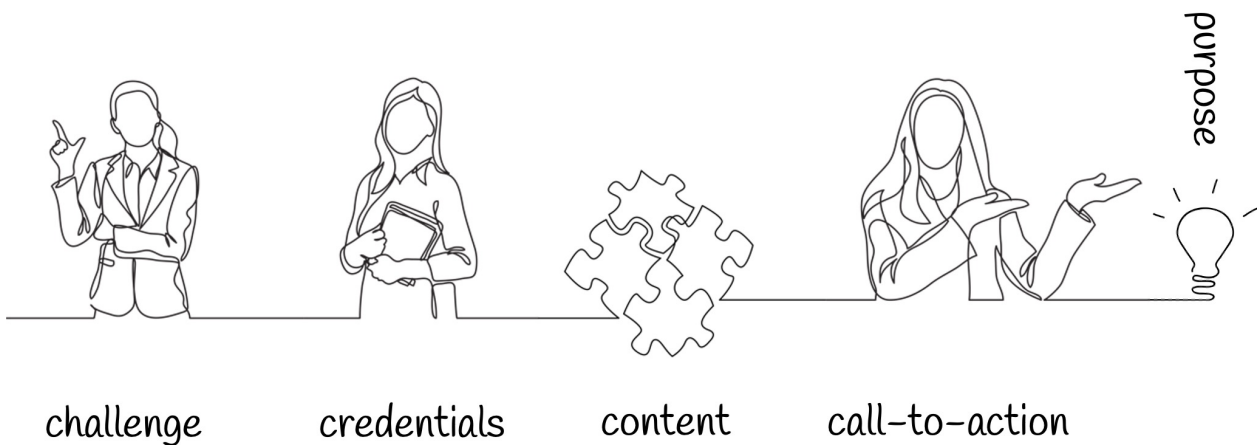
Pause

- For effect/impact
- Let audience understand
 - Give them processing time
- To collect your thoughts
 - When you encounter a brain fart

Confidence...

- You always appear confident
- Regardless of how nervous you feel

Storycrafting



National Speakers Association



nsa-austin.com

Rehearse...

- Opening
- Call to action
- Stories
- Timing
- **Myths:**
 - In front of a mirror
 - Ask your relatives or close friends

Heckling...

- Answer the question
- Put them in their place

Drinking

- NO alcohol
- NO caffeine
- NO ice water
- NO carbonation
- NO milk

You are the Expert

- Audience wants you to succeed
- They are on your side

Humor

- Taste is everything
- The longer the joke, the funnier
- Mock yourself first
- **Myth:**
 - Start with a joke

Speaking to Peers

- They have given you permission
- Don't make it personal

Rewards

- Learning experience
- Opportunity to share your excitement
- Respect, credibility, "power"
- Applause

Choose your words

- Vernacular does not always resonate
- Research cultural specifics

Insecurities

- You are not everyone's flavor

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Be you!