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Do you get nervous before or during your speech?

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Is there anything you can do to reduce your nervousness and be more confident in your speech?

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There are several things you can
do to improve your confidence
during a speech

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Facts about the fear of
public speaking...

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If you're afraid of speaking in public

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- **You're not alone:** about **70%** of all people have an intense fear of speaking
- (statistics have shown that fear of speaking is rated higher than dying...)

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Why do we feel
nervousness and
anxiety before
speaking in public?

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2 primary sources

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2 primary sources

- Personality
- Uncertainty

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Our uncertainty...

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We are **afraid of the unknown,
the unfamiliar**

- what's going to happen?
- how could things change?
- how the audience is going to react?

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- We are **afraid of being rejected**
 - What is the audience going to think of me?
 - Are they going to reject me, reject what I say?

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- We are **afraid of being embarrassed, ridiculed or shamed**
- You are the focus of attention, and all the audience's ears and eyes are on you...

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- We are **afraid of being trapped**
- When you're on stage you cannot go anywhere... you need to finish your speech regardless

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- We are **afraid of losing control**
 - Fear that you don't remember what you have to say...

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Some advice

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Before delivery

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**1) Prepare, prepare,
prepare and rehearse.**

This means:

- **Know your subject**
- **Know how you're going to present it**
 - **Clear and logical order**

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2) Know the weak points of your report/data/presentation

- Present them upfront and find a reason for their weakness.
 - Can you turn them around so that they don't appear as weak points?
- Expect to answer questions about them

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3) If you can, find someone that you trust that can give you reassurance

This will help you grow your self-esteem and reduce the fear of being rejected

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4) Watch other people giving speeches and compare

- Leaders are not afraid of rejection
- Leaders are aware that someone may not like them – they make this their strength

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- Leaders are not afraid of rejection
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5) Know that it's a learning process

- You **will** get better and better at it

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6) Know that people's perception is different from your own

- Audiences are generally nicer than you think
 - will not be aware of some details that are obvious to you


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1. Breathing exercises



<https://www.youtube.com/watch?v=Q5hS7eukUbQ>

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- Breath in, counting up to seven
- Breath out, counting up to eleven

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2. Relaxation Do the penguin!



<https://www.youtube.com/watch?v=zJkMZwAXWbY>

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Doing the penguin will help you relax

and have a better voice!

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3. Center yourself

Stand with

- your feet shoulder-width apart
- hands hanging loose
- shoulders down
- head relaxed on your neck

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4. Before the speech...

Also do what Amy Cuddy recommends you to do:

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2 minutes of power pose!!!!



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power posing will not only help
you **look** more powerful,
but also
feel more powerful

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How can you be more confident
during your speech?

It's all about....

**Faking and
Pretending 'til
you become it**

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There are three benefits to pretending to be confident

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1. Attitude follows behavior

- It has been proven that you tend **to feel like you act**
 - If you smile, you'll feel happy
 - If you behave confident you'll feel confident

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2. Emotions are contagious

- If you behave confident, people will think that you're confident and respond back to your confidence

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3. Reinforcement

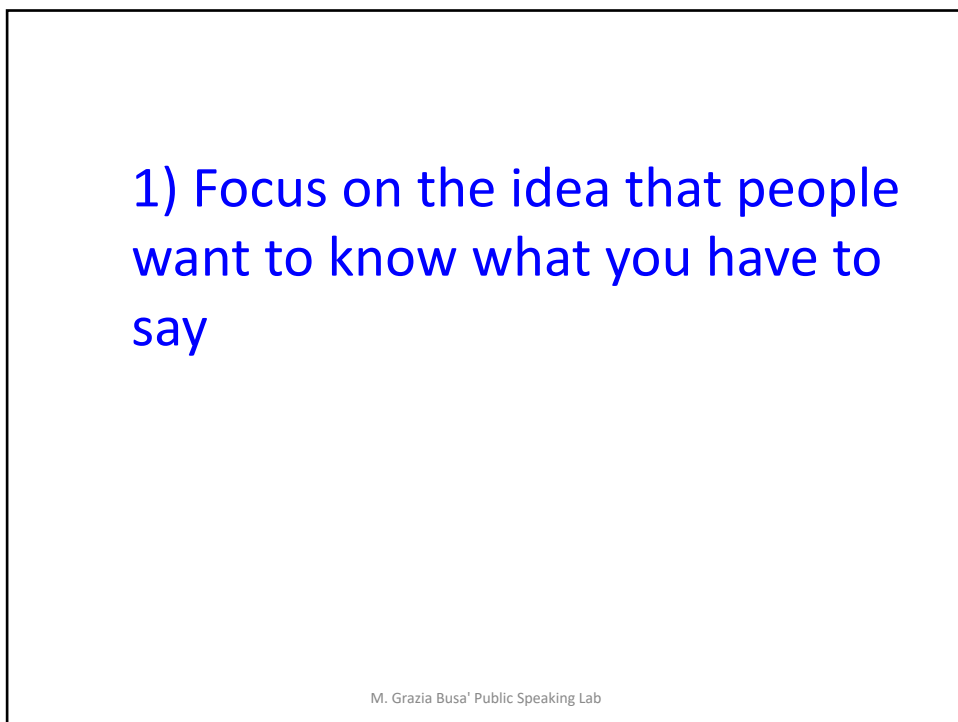
- The flow of emotions from the people around you will make you feel more confident

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2) Posture and physicality:

- Standing powerfully will help you feel more powerful

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Also remember....

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About sleep

It's better to have **1 hour more of sleep than a few more slides**

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And finally remember...

Be nice to yourself if you didn't do as well....

It's not the end of the world,
you'll do better next time!!

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<https://www.youtube.com/watch?v=80UVjkcxGmA>

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Task

Talk about your strenghts and weaknesses (yes, again ! 😊)

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