Say What?!?
Tips to Overcome Public Speaking Anxiety
PRPSA

- Personal Report of Public Speaking Anxiety

- Take the next 5 minutes or so to fill this out
What IS Public Speaking Anxiety?

- Fear that arises in anticipation of a public performance

- When we feel scared or nervous, we begin to experience symptoms of anxiety

- Sympathetic Nervous System ➔ Fight or Flight
WHY does this happen?

- Natural process the body initiates to protect us from harm
- Body releases adrenaline into the blood stream causing a chain of reactions
Symptoms

- Racing Heart
- Dry Mouth
- Shaky Voice
- Blushing
- Trembling
- Sweating
- Lightheadedness
- Nausea
What can we do?

- PRACTICE
- Focus on your topic, not your anxiety
- Be yourself
- Practice controlled breathing/meditation/yoga
- Limit Sugar and caffeine
- Connect with your audience
- Fake it till you make it
- Get excited
You are in control of YOU

- And when you find yourself out of your own control, redirect that energy
- Fear and exhilaration are the same thing!
- Always focus on the positive
- Make it fun!
Thank you for coming to this Brilliant Bobcat Session!