Overcoming Your Fear of Public Speaking

A One Page Guide To Speaking in Public

Public speaking is nerve-wracking for almost everyone, and can even be terrifying for some. But it is a necessary skill to have and to improve upon as a student as well as in many professions. Here are several tips to put you at ease before and during speaking in public.

Before Your Speech

1. Know Your Material: Fully understand every word, phrase, and concept in your speech. If you don’t know what you’re saying, how will your audience know what you’re saying?

2. Practice!: As silly as it may seem, practicing in front of a mirror or trusted friends and family will help put you at ease. These people can give you feedback to improve your performance or tell you what things you are doing well.

During Your Speech

1. The Moment Before: When you begin speaking, take a deep breath and focus on what you practiced and what reaction you want to provoke in your audience.

2. Mistakes and Nerves: If you fumble your words or get nervous, it is okay to pause and collect your thought before going on.

3. Enjoy It!: Instead of focusing on what could go wrong, enjoy the feeling of sharing your views and impacting others.

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http://www.businessknowhow.com/

“You can speak well if your tongue can deliver the message of your heart.”
- John Ford

“Say not always what you know, but always know what you say.”
- Claudius

“It usually takes more than three weeks to prepare a good impromptu speech.”
- Mark Twain