

Alleviating Anxiety

HOW TO OVERCOME SPEAKING ANXIETY

1. Learn the Skills of Good Public Speaking
 - Learn Specific Techniques to Deal With Anxiety
2. Practice
3. Speak Often

TECHNIQUES TO DEAL WITH ANXIETY

MINIMIZE the Fear Before You Start

The 4 Ps:

1. Be **P**repared
2. **P**lan to Start with **P**urposeful Movement – like a Prop or Visual
3. Be More Than **P**unctual
4. **P**ractice

MANAGE IT While You're Experiencing it

1. Be Physical
2. Move!
3. Breathe!

MASTER IT Long Term

1. Adjust your Attitude – Audience-Focused instead of Me-Focused
2. Lighten Up