

Energize Your Presentation Skills



Part 9: overcoming your fear of public speaking and controlling your anxiety



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What Sucks the Energy Out of a Presentation?



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What Sucks the Energy Out of a Presentation?



- ~~Dull opening~~
- ~~Too much content~~
- ~~Disorganized content, eating the microphone~~
- ~~Body language, voice and movement~~
- ~~Bad tech~~
- ~~Bad jokes~~
- ~~Handling questions~~
- ~~PowerPoint~~
- ~~Presenting virtually~~
- ~~Speaking spontaneously~~
- ~~Nervous speaker~~
- ~~Boring speaker~~



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My background.....

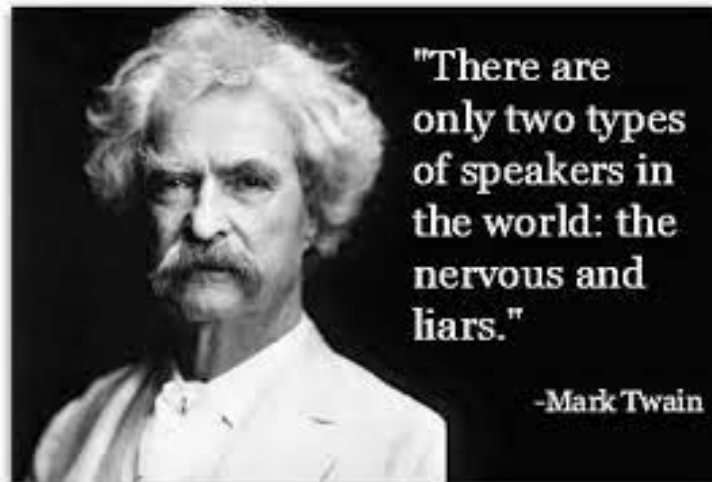


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“According to most studies, people's number one fear is public speaking. Number two is death. Death is number two. Does that sound right? This means to the average person, if you go to a funeral, you're better off in the casket than doing the eulogy.”
-Jerry Seinfeld



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Overcome your fear of public speaking



- Be fully prepared
- Know your topic well
- Practice
- Breathe deeply and flex your feet



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Command attention: public speaking as a sport



- Warm up: go for a walk / rehearse
- Have a flexible game plan
- Give yourself home-field advantage
- Stand tall



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Things that make speakers feel nervous



1. What if I forget my intro?

- Memorize first three sentences

2. What if I forget what I want to say half way through?

- Use cue card, notes or slides



3. What if I get negative feedback?

- Inspiration, information, insight

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Things that make speakers feel nervous



4. What if I come off as stiff?

- Smile and speak to a group of friends

5. What if I can't build rapport with the audience?

- Start with benefits to the audience



6. What if I just don't feel confident?

- Focused on task, interested, passionate

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Reference Materials



➤ Books

- ✓ **Beyond Bullet Points** – Cliff Atkinson
- ✓ **Made to Stick** – Chip Heath & Dan Heath
- ✓ **Presentation Zen** – Garr Reynolds
- ✓ **Confessions of a Public Speaker** – Scott Berkun

➤ Web Sites

- ✓ Stock xchng - www.sxc.hu
- ✓ Free Digital Photos – www.freedigitalphotos.net
- ✓ Techniques and advice - beyondbulletpoints.com
- ✓ Toastmasters.org (detailed articles on voice)
- ✓ speakerhub.com/skillcamp

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Upcoming topics for future episodes



- How not to be boring (November)
- Review and Wrap-Up (December)



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I need a little help to build my speaking business

If you feel so inclined.....

- LinkedIn.com - please endorse my presentation and speaking skills
- Speakerhub.com - recommend me



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Summary of today's content

Overcome your nervousness and fear of public speaking by being fully prepared, practiced, and properly warmed up.



“They may forget what you said, but they will never forget how you made them feel.” – Carl W. Buechner

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