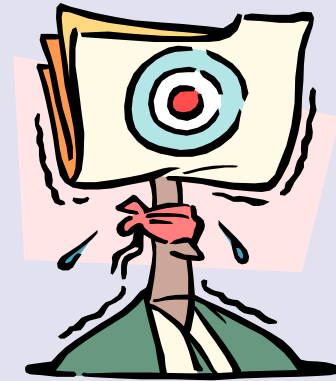
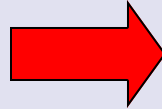


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DISCOVER NEW WAYS TO MANAGE COMMON
SYMPTOMS OF PUBLIC SPEAKING ANXIETY:
SOME ANXIETY-PROVOKING SITUATIONS MAY INCLUDE

- FEARING EMBARRASSMENT
- TREMBLING
- SWEATING
- CLAMMY HANDS
- INCREASED HEART RATE
- SHAKY VOICE
- CONFUSION
- DIZZINESS

PRESENTATIONS FOR CLASSES OR WORK, ORAL ARGUMENTS,
PROPOSAL OR DISSERTATION DEFENSES, CONFERENCE

Facilitator: Tom Baez, Ph.D. (thomas.baez@utsa.edu)

When: On Tuesdays 4:00-5:00pm, Beginning 9/22/09

Where: RWC 1.808

For more information call (210) 458-4140 or consult our website at
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