PUBLIC SPEAKING:
OVERCOMING THE FEAR TO
ACHIEVE AWESOMENESS
NOTHING TO FEAR...  

• Why are you afraid?
THE TOPIC!

• Assigned

• Chosen
TOPICS - ASSIGNED

- Within your area of study
TOPICS - ASSIGNED

• Chosen for a reason

• Bring expertise
TOPICS - CHOSEN

• Your interests and experience
RESEARCH!!!

- Assigned or Chosen – more is always better
STANDING

- Clark Kent vs. Superman
SITTING
BREATHING
PRACTICE

- Words – know your script

- Never read!
MOVEMENTS

VS
TOOLS
MIRRORS

- See yourself perform
VIDEO

• What does your audience see?
PRACTICE, PRACTICE, PRACTICE!

- Let the presentation become second nature to you – build muscle memory
The Performance
AUDIENCE - KNOWN
AUDIENCE - UNKNOWN
WHAT’S WORKING?
WHAT ISN'T WORKING?
BE YOURSELF
HAVE FUN!

You are the star!