Powerful Public Speaking
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PRESENTATION AGENDA:

I. Rationale & Basic Principles
II. Strategies
III. Demonstration.
Scalings

**Willingness**
On a scale of 0 to 10, with 10 being very willing, how willing (interested/motivated) are you to do public speaking?

0 . . . . . . . . . . . . 5 . . . . . . . . . . . . . . . . . . . 10
No at all

**Confidence**
On a scale of 0 to 10, with 10 being very confident, assuming you decided to do public speaking how confident are you that you could succeed?

0 . . . . . . . . . . . . 5 . . . . . . . . . . . . . . . . . . . 10
Not at all
Rationale

- Public speaking is a common source of stress for everyone.
- May include persistent fears of situations involving social interactions or social performance.
- Being afraid of potential negative consequences lead to avoidance of public speaking.
- Avoidance of public speaking may impact your professional career ladder.
Common examples of public speaking fears

- I am afraid of facing an audience.
- I am nervous when I speak in a small group.
- I feel self-conscious when I am called upon to answer a question or give an opinion.
- I am afraid they won’t understand me.
- I am afraid I will say something stupid.
Symptoms of Public Speaking Anxiety

- Blanking out
- Fear or embarrassment
- Trembling
- Sweating
- Clammy hands
- Increased heart rate
- Shaky voice.
- Dry mouth.
- Confusion.
- Gastro-intestinal problems.
- Dizziness
Basic Principles

1. Anxiety & stress are normal.
2. Stress can be appraised as Eustressful or Distressful. (Self perceptions).
3. Stress is a whole mind-body experience.
Basic Principles cont.

4. An optimal level of stress can increase your performance.
5. People cope in adaptive and maladaptive ways.
6. The goal is not to eliminate it but to manage it.
Releasing and Creating New Roles

- People play many roles.
- Roles are learned and culturally sanctioned.
- Sometimes we get stuck in old roles/ways.
Releasing and Creating New Roles

- Making these roles more explicit allows us to develop new ones, amplify, and release.
- Being active in trying new roles keeps us growing.
Specific Techniques

- Challenging irrational thoughts.
- Relaxation.
- Imagery and mental rehearsal (Visualization).
- Behavioral Rehearsal (Practice)
Changing thoughts that get in your way

- Performance anxiety is a learned response with physiological, behavioral and cognitive components.
- Challenging irrational thoughts can be used by all.
- The effects of negative beliefs and prediction, and the role of negative thoughts heighten anxiety.
Changing thoughts that get in your way.

- It is not the situations or events which cause anxiety.
- It is the thoughts we have about the situations that create and maintain anxiety.
- The first step in changing is to catch these AT’s.
- Then ask yourself a question about the thoughts (Do I know for sure this will happen?, Are there other explanations?).
Changing thoughts that get in your way cont.

- Your objective thoughts are frequently more reasonable than your initial self-statements.
- They will result in more moderate & more pleasant state of mind.
- Even if those thoughts are true, does repeating them help you or make you feel better?
Dispute Handles Questions

Do I know for certain that ___ will happen?
Am I 100 percent sure of these awful consequences?
What evidence do I have that ___ will happen?
Does ___ have to equal or lead to ______?
Do I have a crystal ball?
What is the worst that could happen?
How bad is that?
Dispute Handles Questions Cont.

Could there be any other explanations? What is the likelihood that ___ will happen? Is ___ really so important or consequential? Does _____ ‘s opinion reflect that of everyone else? Is _____ really so important that my entire future resides with its outcome?
| Activating Event | Beliefs
Irrational thoughts | Consequences
Physical signs | Disputes |
|------------------|-----------------------|---------------------|---------|
| Speaking to a large audience of Professionals, my supervisor is present. | They will know that I am nervous. They will see me blushing. It would be terrible if I make a mistake, they will think I don’t know anything about what I am talking about. If they ask me questions, I won’t be able to respond and they’ll think I am a loser. My supervisor will be critical and he may think I don’t belong here. | Blushing
Trembling
Stuttering
Stomach ache
Mind blanking
Sweating
Heart pounding
Dizziness | How will they know? How bad is that? Is it catastrophic? How do you know? Will everyone notice? So what? All or nothing thinking? Magnification_ terrible? Fortune telling? Am I 100% sure this will happen? Mind reading again? Do I know for certain this will happen? Do I have a crystal ball? Mind reading? All or nothing thinking? Overgeneralization? Could there be another explanation? |
Some strategies to manage anxiety.

- Prepare.
- Relax.
- Externalize.
- Stay Positive.
- Single Minded.
- Unite.
- Re-evaluate.
- Extend yourself.
Presentation Tips

- Know your material & audience.
- KISS (keep it Simple Stupid).
- Relax.
- Use visual aids with bullet points.
- Introduce yourself and the topic.
- Do not read from materials.
- Anticipate Questions.
- Recognize you will not know all the answers.
- Summarize at end and ask for questions.
- Others...
Recommended Apps

- T2 Mood Tracker
- eCBT Mood
- PTSD coach
- Breath2Relax
- The Worry Box
- Tf411
- Relax-Stress and Anxiety quotes
Final thoughts/Questions

We are all capable of climbing so much higher than we usually permit ourselves to. Octavia Butler