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Last Updated on July 2021 Stay behind the tent, just to make your way on stage to face the many faces half hijacked in the darkness in front of you. While moving towards the reflector, the body begins to feel heavier with each step. A family thump echoes throughout your body – the heartbeat went out of the charts. Don't worry, you're not the only one with glossophobia (also known as an anxiety of speech or the fear of talking to big crowds). Sometimes, anxiety happens long before you're on stage. Your body's defense mechanism responds by causing a part of your brain to release adrenaline in your blood – the same chemical that is released as if you were pursued by a lion. Here is a step-by-step guide to help you overcome your fear of public speaking:1. Prepare yourself mentally and physically According to experts, we are built to show anxiety and recognize it in others. If your body and your mind are anxious, your audience will notice. So, it is important to prepare before the great show so that you get on the confident stage, picked up and ready. "Your outer world is a reflection of your inner world. What happens inside, shows outside." – Bob ProctorExercising slightly before a presentation helps to get blood circulating and sends oxygen to the brain. Mental exercises, on the other hand, can help calm the mind and nerves. Here are some useful ways to calm your racing heart when you start feeling butterflies in your stomach: Warning If you are nervous, chances are your body will feel the same way. Your body becomes tense, your muscles feel tight or is breaking in cold sweat. The audience will notice you're nervous. If you observe that this is exactly what is happening to you minutes before a speech, do a couple of stretches to loosen and relax your body. It is better to warm up before each speech as it helps to increase the functional potential of the body as a whole. Not only that, it increases muscle efficiency, improves reaction time and movements. Here are some exercises to loosen your body before showing time: Round neck and shoulder – This helps to relieve the upper muscle tension and pressure as the rolls focus on the rotation of the head and shoulders, loosening the muscle. Stress and anxiety can make us rigid within this area that can make you feel agitated, especially when standing. Arm stretches – We often use this part of our muscles during a speech or presentation through our gestures and movements of the hand. Stretching these muscles can reduce arm fatigue, loosen and improve your body language range. Life Torsions – Put your hands on your hips and rotate your life in acircular. This exercise focuses on the rest of the abdominal and lower rear regions that it is essential as it can cause discomfort and pain, further amplifying any anxiety can be experimented. Stay hydrated, did you ever heard pieces before speaking? And then on stage to look hoarse and scratchy in front of the audience? This is because the adrenaline of stage fear makes you feel dry.To avoid this, it is essential to remain adequately hydrated before a speech. A sip of water will do. However, drink in moderation so you don't have to go to the bathroom constantly.Try to avoid sugary drinks and caffeine, as it is a diuretic which means you will feel thirstier. It will also amplify your anxiety preventing you from speaking smoothly.MeditateMeditation is well known as a powerful tool to calm the mind. Dan Harris, co-anchor of Nightline and Good Morning America Weekend and author of the book titled 10% Happier[^], recommends that meditation can help individuals feel significantly calmer, faster.Meditation is like a training for your mind. It gives you the strength and concentration to filter out negativity and distractions with words of encouragement, confidence and strength.Mental meditation, in particular, is a popular method of calming down before going on the big stage. The practice is to sit comfortably, focus on your breath and then bring your mind's attention to the present without slipping into worries about the past or the future, which probably includes rampaging on stage.Here is a nice example of guided meditation before speaking in public:2. Focus on Your GoalOne thing people with a fear of speaking in public have in common is focusing too much on themselves and on the possibility of failure.Do I look funny? What if I can't remember what to say? Do I look stupid to you? Will people listen to me? Does anyone care what I'm talking about? Instead of thinking that way, shift your attention to your only true purpose to contribute something of value to your audience. Decide how much progress you would like your audience to make after your presentation. Note their movements and expressions to adapt your speech so that they are having fun leaving the room as better people.If your focus isn't helpful and on what it should be when you speak, then shift it to what it does. This is also key to establishing trust during your presentation as the audience can clearly see that you have their interests at heart.3. Converting negativity into positivity There are two parts that are constantly fighting within us: one is full of strength and courage, while the other is doubt and insecurity. Which one do you want to feed? "What if I ruin the speech? What if I'm not funny enough? What if I forget what to say? "It's wonder why many of us are uncomfortable making a presentation. All we do is tear ourselves apart before we have a chance to prove what they're worth. This is also known as a self-fulfilling prophecy "a belief that comes true because we behave as if the Yeah. If you think you're incompetent, then eventually it will become true.Motivational coaches tout that positive mantras and tend to increase confidence for the most important moments. Say to yourself: âI'm into this talk and I can do it!âTake advantage of your adrenaline rush to encourage the positive outcome rather than think about the negative â.Here's a video by psychologist Kelly McGonigal encouraging her audience to turn stress into something positive and provide methods on how to cope with stress. it:4. Understanding Your ContentKnowing your content at hand helps reduce anxiety because there's one less thing to worry about. One way to get there is to practice many times before your actual speech. However, storing your word-for-word script is not encouraged. You can end up freezing if you forget something. You'll also risk looking unnatural and less accessible. â No amount of reading or memorizing will make you successful in life. It is the understanding and application of wise thinking that matters. â Bob Proctor Many people unconsciously make the mistake of reading from their slides or memorizing their word-for-word without understanding what they contain â a precise way to emphasize themselves. Understanding the flow and content of the speech makes it easier for you to convert ideas and concepts into your words which you can then clearly explain to others in conversation mode. Designing slides to include text prompts is also an easy hack to make sure you get to quickly remember the stream when your mind goes blank. One way to understand is to memorize concepts or ideas over-archives in your field. It helps you speak more naturally and make your personality shine.It's almost like taking your audience on a journey with some key milestones.5. Practice Makes PerfectLike most people, many of us are naturally not in tune with the audience speaking. Rarely do individuals walk to a large audience and impeccably present without any research and preparation. In fact, some of the best presenters make it easy during the show, because they have spent countless hours behind the scenes in deep practice. Even great orators like the late John F. Kennedy spent months preparing his speech in advance. Public speaking, like any other skill, requires practice â if you are practicing your speech countless times in front of a mirror or making notes. As the saying goes, practice makes perfect!6. Be authenticThere is nothing wrong with feeling stressed before going to speak in front of an audience. Many people are afraid to speak in public because they fear that others will judge them to show their true and vulnerable selves. However, the vulnerability can sometimes help you come as more authentic and relatable as a speaker. Throw the pretence of trying to act or speak as more and you'll find it worth the risk. Become more genuine, flexible, and spontaneous, making it easier to handle unpredictable situations â whether it's tough questions from the crowd or the crowd. An unexpected technical difficulty. To discover your authentic style to speak is easy. Choose only one topic or a problem that you are passionate and will discuss this as if you would normally like a close family or a friend. It's like having a conversation with someone in a one-to-one personal setting. A great way to do it on the stage is to choose a member of the random public (with a hopefully calming face) and talking to a single person at a time during your speech. You will find that it is easier to try to connect to a person at a time of a whole room. Having said that, being comfortable enough to be yourself in front of others could take some time and some experience, depending on how comfortable you are with being yourself before others. But once I embrace him, the fear of the stage will not be intimidating as initially deemed. Come on how Barack Obama are a first example of a genuine and passionate speaker: 7. Post-spoken but no less important evaluation, if you have made it speak in public and have been scarred by a bad experience, try to see it as a lesson learned to improve Yourself as a speaker. Don comes back to yourself after a presentation the hardest from ourselves and it's nice to be. But when you finish delivering your speech or presentation, give yourself a little recognition and a pat on the back. You managed to finish everything you had to do and didn't give up. You didn't allow your fears and your insecurities to you. Take a little proud of your work and believe in yourself. Implore your next discs mentioned before, the practice makes it perfect. If you want to improve your public skills, try asking someone to film them during a speech or a presentation. Subsequently, look and observe what you can do to improve yourself next time. This is some questions you can ask for you after every speech: how did I do? Are there areas for improvement? I played or seem stressed? I stumbled on my words? Why? I was saying A ç â,~ â "u ç â,~ â,~ too often? How was the flow of speech? Write everything you observed and continues to practice and improve. On time, you will be able to better manage your fears to speak in public and appear more confident when they count. If you still want more suggestions about the public or offering a big presentation, check also these articles: these articles also: Also these articles:

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