



# Defeating Speech Anxiety

## Tips:

### 1. PRACTICE IN SMALL BITS:



Break apart your speech & practice each section separately (Intro, Body, Conclusion)

### 2. USE POSITIVE SELF-TALK:



Speak success into existence. **YOU GOT THIS!**

### 3. CHOOSE AN EXCITING INTRO:



The first :30 of your speech is when you're the most nervous. Choose a hook that you can get excited about to clam your nerves.

### 4. GET OUT OF YOUR HEAD:



Focus your attention on your audience & not yourself. It will help your delivery be a lot smoother.





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### 5. NO DISCLAIMERS:



Don't call attention to your anxiety. The audience usually can't tell you're nervous & this can make you **MORE** nervous.

### 6. ENGAGE THE AUDIENCE:



Asking the audience to participate helps take some of the pressure off you.

### 7. USE THE SPACE:



This helps dissipate nervous energy.

### 8. DON'T BEGIN UNTIL YOU ARE READY:



Don't feel the need to start immediately. Take a second to look over your notes, take a deep breath, then begin.

