

What is Public Speaking Anxiety?

Fear of public speaking (glossophobia) is one of the most commonly reported social fears; many fear it more than death.

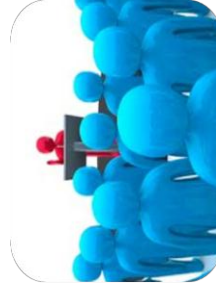


In that case, one would rather be the person in the coffin than the one giving the eulogy!

Everyone, even the most successful speakers, have some anxiety when speaking in front of a group of people.

This is perfectly normal

The best way to deal with this anxiety is to acknowledge that it is normal and you are not alone.



To reduce your fear, you need to make sure you prepare yourself before you speak.

REMEMBER:

The key to managing your nervousness is through preparation &

Practice, Practice, Practice!

Think & say:

"I have a Speech to Give!"

As opposed to "I have to give a speech"



Speakers who fail to prepare are preparing to fail.

CONTACT US

For additional information, check out the Communication Center website:

www.uccs.edu/commcenter



To speak with a trained CEC Peer Mentor or Graduate Associate, contact us at (719)255-4770 to schedule an appointment.

Managing Speech Anxiety

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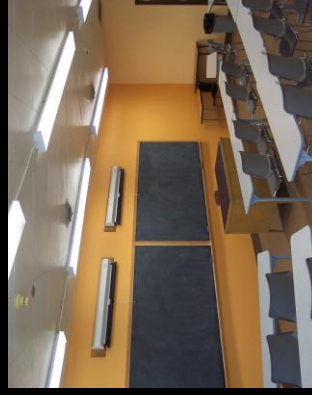
TIPS to Help You Manage Anxiety

Talk about topics that you are interested in, have a passion for, or have a good deal of knowledge about.

Try not to spend too much time before your presentation worrying.

Focus on **POSITIVE**, not negative, **outcomes!**

Arrive at the place where you are giving your speech early enough to get organized and prepared.



Practice in the classroom if possible!

If you are not speaking first, take as much time as needed (within reason) to gain the level of comfort you desire before speaking.

Hit the Ground Running!

Make sure you are **extremely familiar** with your **introduction**.

Practice in the Communication Center

Organizing Your Thoughts 7 steps to Better presentations



1. Select a topic that is familiar to you and suitable for your audience and the time allotted for your presentation.
2. Decide on the specific purpose or goal of your presentation. — your thesis
3. Decide on what ideas you must communicate to your audience in order to achieve your specific purpose or goal. Typically, no more than 2 or 3.
4. Assemble all of the material you already know that can be used to prove or illustrate each of your main points.
5. Gather further supporting materials not already on hand that support your main points — conduct research
6. Cast the assembled materials into an outline or some other loose note structure.
7. Rehearse out loud (preferably in front of others) from your notes until you are comfortable and confident with your presentation.

TIPS to Help You Manage Anxiety

“The speaker with stage fright produces better, not inferior work. It is perfectly possible to redirect fear and use it as the basis for success.”

~T.A. Weaver~

Remember that the audience is friendly and will rejoice in your success.

BE PREPARED & ORGANIZED!

Make sure to rehearse **out loud** 2-3 times before your speech.

Expect a certain level of anxiety, but realize that you can manage anxiety to work to your advantage.



Channel your anxiety and adrenaline into a positive and powerful energy!

Measure your success based on your own personal accomplishments.

Do not compare yourself to others.

Focus on your own improvement and growth.

Try to look your best as well, professional and comfortable.