



UTM
UNIVERSITI TEKNOLOGI MALAYSIA

www.utm.my

Overcome The Fear of Public Speaking

INSPIRING CREATIVE AND INNOVATIVE MINDS



2 Minute Activity

Take two minutes to identify all the things you do during a speech in an effort to feel less afraid.

What do you do to control your fear while speaking, or even just introducing yourself, before a group?

Write down all the responses you can think of in two minutes.



UTM
UNIVERSITI TEKNOLOGI MALAYSIA

www.utm.my

Overcome The Fear of PS

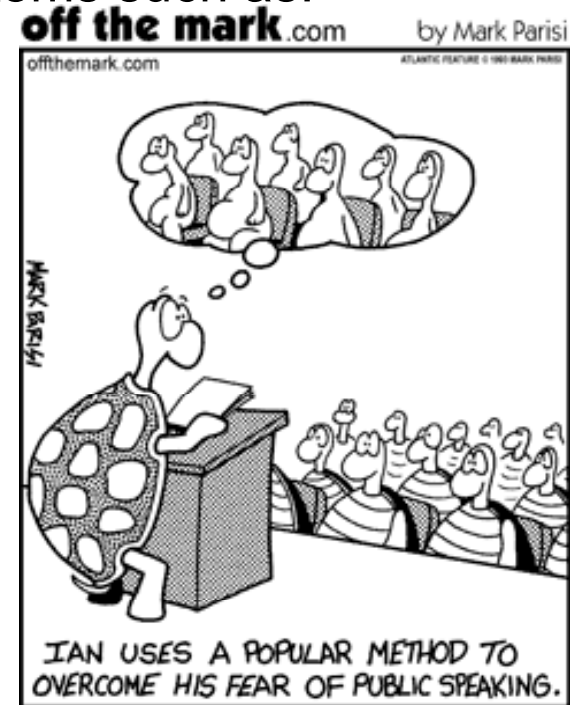
What's on your list?

Read out loud and share it

Overcome The Fear of PS

Fearful speakers I've worked with have included items such as:-

- Read it
- Don't look at audience
- Rush through it
- Skip portions of my talk
- Tell myself it'll be over soon
- Imagine audience in their underwear
- Cough, pretend to have a sore throat
- Use a lot of slides, pictures & videos
- Clench fists beneath rostrum
- Keep swallowing, to make sure I can drink fluids
- Wear my lucky shirt



© Mark Parisi, Permission required for use.



- One of the things I'll ask them is, specifically, how do you think these will help you? So let me ask you to review this for yourself.
- **Take two more minutes to look at your list and try to identify exactly how you think these measures will help you.**



Overcome The Fear of PS

Here's what I notice when I review this question with fearful speakers. Their **strategies** during a speech involve steps which are designed to:-

1. End the speech as soon as possible
2. Avoid any pauses or interruptions during the speech
3. Avoid contact with the audience
4. Hide the fact that they are afraid



Overcome The Fear of PS

- These all involve **resistance**.
- What's the result of this resistance?
Typically, it will make you **more** afraid,
not less - **just the opposite of what you
want.**





1. End the speech as soon as possible

- ✓ People talk fast when they're afraid, and when they're trying to get through a speech quickly they talk really fast.
- ✓ When you talk fast, you're more inclined to **breathe shallowly**, from your chest, and can make yourself more anxious physically.
- ✓ When you talk continuously, without taking occasional brief pauses, you don't give yourself the chance to take a relaxing breath, and you may **end up holding your breath** for uncomfortably long periods.
- ✓ This can give you the sensation of **running out of air** and being unable to breathe!



2. Avoid any pauses or interruptions during the speech

- This only adds to the anxiety you experience. And it has another negative effect.

3. Avoid contact with the audience

- Fearful speakers will often try to ignore the audience, thinking that if they notice the audience, it will increase their own anxiety. It's unfortunately common, for instance, to avoid eye contact with the audience. This deprives you of any audience reaction and feedback.



4. Hide the fact that they are afraid

- ✓ After you have given a speech, even if it has gone well, you may find that you take no pride in your success because of this thought:-

"If they knew how afraid I was, they'd think less of me."



GAME PLAN based on 3 basic elements:-

1. An **accepting attitude** toward your fear;
2. A **willingness** to work with it rather than to fight it; and
3. Methods based on a **knowledge** of how anxiety actually "works".