



Hello ,

This month I have been working with more people than usual who came to me because they are suffering from nerves and anxiety about their presentations. They believe it's wrong to feel fear when they have to speak in public. I tell them - 'It's **normal** to get nervous about speaking in public.'



Getting butterflies in your stomach – adrenalin – is very normal when you stand up in front of people and speak because you're making yourself vulnerable. Public speaking involves risk. It is not realistic trying to have no fear at all.

Academy award winner Jeff Bridges said recently 'I've been an actor all my life and I still get nervous when I have to stand up and say something.' So do I. If I were to get upset about being nervous, I would make it worse. I don't stress about my nerves - I use them.

Preparation and rehearsal take time and effort. We need to be motivated to do it – and fear is a great motivator. People without fear tend to skimp on preparation and rehearsal - they think they can 'wing it.' Then they end up waffling their way through their presentation.

Let your fear motivate you to prepare and rehearse and you'll be a more effective speaker.

If you are too laidback - without any adrenalin at all - chances are you are boring people to death!

Use the fear to motivate you - then use the adrenalin to fuel your passion!



Surveys on what audiences want show that passion, enthusiasm and energy are highly rated. We love passionate speakers.

For that you need to be full of energy and excitement about sharing your message with the audience. That comes from adrenalin. The same adrenalin that is making you nervous!

So don't fight your nerves, make friends with them – harness the 'butterflies' (adrenalin) – and you will be a better speaker.

Prepare well and enjoy your next presentation! Don't forget to visit our web site for more tips and articles on learning to enjoy public speaking.

**Jane**

Web Site: [www.nowyouretalking.info](http://www.nowyouretalking.info)

Phone: +64 09 3787733

Mobile: +64 021 971 900