



NUML

National University of Modern Languages

BS-Software Engineering 2nd-E
Assignment 2

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English

Title: Stage Fears

Submitted to
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Business Communication skills

Q.1 What are some of the stage fears related to a presentation? Suggest Possible solutions to overcome the fear.

Answer:

Some of the stage fears are as follows:

1. Stage Freight is Universal

2. Signs of Discomfort

1. The heart rate increases

2. Blood pressure and body temperature rises

3. Mouths feel dry

4. Palms are sweaty

5. Voice is trembling

How to Overcome These Fears?:

Many people get nervous when they speak in front of others. Having nerves is good as this gets the adrenaline flowing and keeps you alert and on top of the subject. You may find that you are nervous at the beginning of the talk until you get into the swing of it and then you are fine. This is very common.

There are several things that can help considerably:

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Get as much practice as you can.

Concentrate on exposing yourself to similar situations

Practice deliberate relaxation; and prepare for each specific presentation.

During your preparation it is worth considering how you will handle your own anxieties and nerves. For example, you can memorize the first paragraph. If you are aware of the symptoms of your anxiety you may be able to act to limit their effects. For example,

If your hands shake, avoid holding notes in your hand;

If your mouth dries up, have a bottle of water to hand;

If having a roomful of people looking at you directly makes you feel uncomfortable

Each time you will feel less nervous. Be positive about yourself. Avoid apologizing for yourself. An overly apologetic presenter does not inspire confidence, and if those in the audience have no confidence in you, there is a tendency for them not to listen attentively.

You need to remain confident, at least on the outside, and to present in an interesting and lively way. Remember that you do know what you are talking about because you are very well prepared. You probably know more about the topic of your presentation than the audience, even, in some cases, more than the tutor.

Your best weapon against nerves is the knowledge that you have done everything possible to prepare for the event, that you have carefully researched your subject and audience, your talk (or poster) is well structured and your notes are well organized, your visual aids well-chosen and you have at your fingertips supporting evidence and examples.