

# Chapter 1

Monday, March 30, 2020 1:55 PM

- Stage Fright
  - Anxiety over prospect of speaking in front of an audience
- What makes us Nervous?
  - Fear of Humiliation
  - Being unprepared
  - Pressure to perform
- How to reduce Speech Anxiety
  - Acquire experience
  - Prepare, prepare, prepare
  - Think positively
  - Select appropriate topic
  - Focus on message
  - Channel nervous energy
    - Visual aids
    - Move around
- Positive nervousness
  - Controlled nervousness that helps energize speaker for presentation