



FACE THE CROWD WITH CONFIDENCE

HOW TO CONQUER YOUR FEAR OF PUBLIC SPEAKING

KNOW WHAT YOUR FEAR IS.

01

Presentations are tools that can be used as lectures, speeches, reports, and more. It is mostly presented before an audience.

02

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03

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74%

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KNOW WHAT SUBJECT TO TALK ABOUT

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RESEARCH AND PLAN YOUR MATERIAL

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**Rehearse in front
of a mirror. Ask a friend
or family member to
critique your speech.**

During Your Speech





GETTING THE RIGHT PACING

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CALM DOWN BY BREATHING DEEPLY

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03

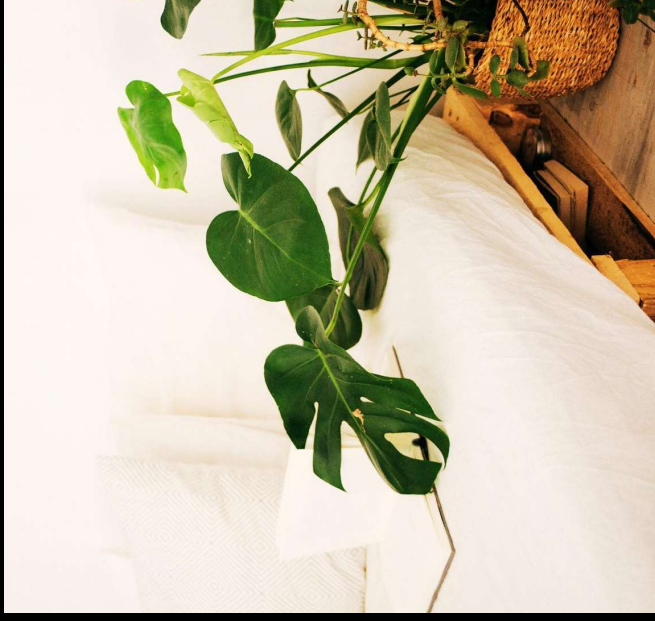
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FOCUS ON GIVING YOUR BEST SPEECH

Presentations are tools that can be used as lectures, speeches, reports, and presentations are tools that can be used as lectures, speeches, reports, and more.



AFTER YOUR SPEECH



RELISH THE MOMENT AND CELEBRATE

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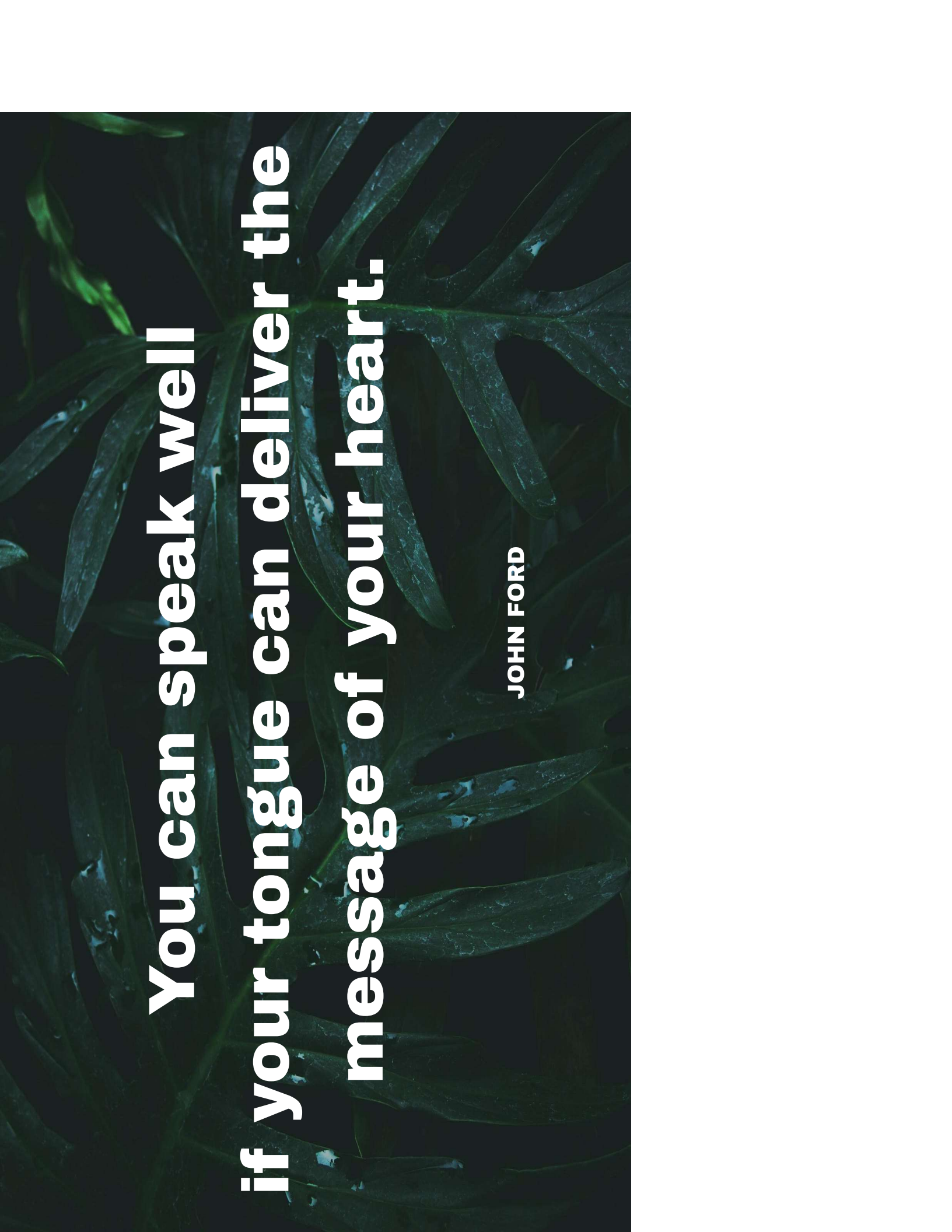
EVALUATE YOUR PERFORMANCE AND TAKE NOTES TO TALK ABOUT

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SEEK PROFESSIONAL TRAINING IF YOU THINK YOU NEED IT

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**You can speak well
if your tongue can deliver the
message of your heart.**

JOHN FORD