

Managing public speaking anxiety has always been a personal challenge, but this week's presentation pushed me to apply practical strategies to overcome it. Despite preparing thoroughly, I still experienced unexpected nerves once the recording started—my heart raced, and my voice initially trembled. I realized that anxiety doesn't vanish completely, but it can be managed with focused practice and mindfulness techniques (Lucas, 2020).

One surprising challenge was how easily I lost track of my pacing when I became anxious. I spoke faster than I intended, which affected my clarity. This could have been prevented with more rigorous timed rehearsals and breathing exercises. Practicing in front of a mirror or recording myself beforehand would have helped me detect and correct these habits earlier (Beebe & Beebe, 2021).

I experimented with different delivery methods during preparation: impromptu, memorized, and extemporaneous. I ultimately chose the extemporaneous method, where I used an outline and spoke naturally. This approach allowed me to stay structured while sounding conversational, which helped reduce anxiety and connect better with my imagined audience. I preferred this method because it balanced preparation with spontaneity.

If I were in the audience, I would most appreciate a speaker who uses the extemporaneous method. It feels more engaging and authentic than a memorized or read speech. When speakers sound natural and confident, it builds trust and keeps my attention. As an audience member, I value clear communication, energy, and a speaker who can adapt in real time to the audience's reactions best supported by the extemporaneous style.

Overall, managing anxiety and choosing the right delivery method are essential for effective communication. With continued practice, I feel more prepared to grow as a speaker.

Reference:

Beebe, S. A., & Beebe, S. J. (2021). Public speaking: An audience-centered approach (11th ed.).

Pearson. <https://www.pearson.com/en-us/subject-catalog/p/public-speaking-an-audience-centered-approach/P200000002724/9780137497966?srsId=AfmBOopfRDxoOwfxTcInqyFM4BWtLdTiLa2F9FRhC959tBGC-XKXZpDj>

Lucas, S. E. (2020). *The art of public speaking*. McGraw-Hill Education.

<https://www.mheducation.com/highered/product/The-Art-of-Public-Speaking-Lucas.html>

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