

# DAY 4

Overcoming the fear of Public Speaking

# Reasons:

- > Self-Consciousness
- > Assuming that the audience will judge you
- > Past Experience
- > Insufficient Preparation on the topic
- > Poor breathing habits
- > Comparing yourself with others

# How to Overcome?

- > Stop thinking about yourself
- > Make eye contact
- > Refocus your brain
- > Research your audience
- > Start with speech with a question or a puzzle!!!