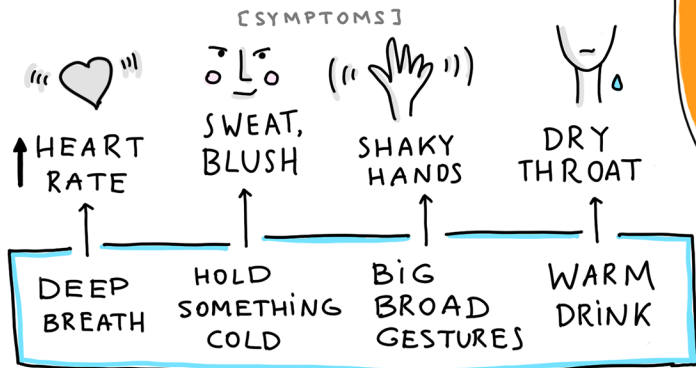


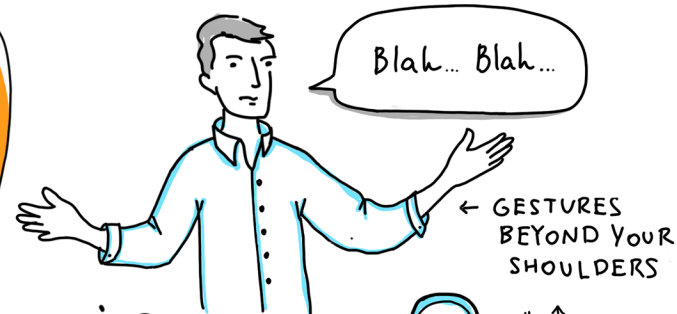
MANAGE SPEAKING ANXIETY



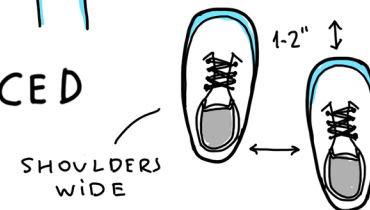
SPEAKING UP WITHOUT FREAKING OUT

by MATT ABRAHAMS

MATT@BOLDECHO.COM



! BIG BALANCED STILL



1 GREET ANXIETY

- ACCEPT YOUR NERVOUS FEELINGS
- DO SOME PHYSICAL ACTIVITY



2 SHARE THE FOCUS

- BECOME A FACILITATOR
- GIVE THE GROUP AN ACTIVITY

3 PLAN FOR CONTINGENCIES

- THINK ABOUT THINGS THAT MAKE YOU MOST NERVOUS



4 BE PRESENT ORIENTED

- YOU ARE WORRYING ABOUT FUTURE CONSEQUENCES
- BE IN THE PRESENT



DO SOME PHYSICAL ACTIVITY



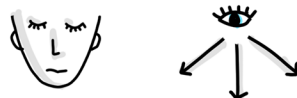
VOCAL STAMINA



- USE EMOTIVE WORDS
- READ OUTLOUD



EYE CONTACT



- LOOK DOWN WHEN YOU THINK, NOT UP!
- SPREAD IT



- MOVE (PHYSICALLY) FROM ONE THOUGHT TO THE NEXT

TALK. THEN MOVE



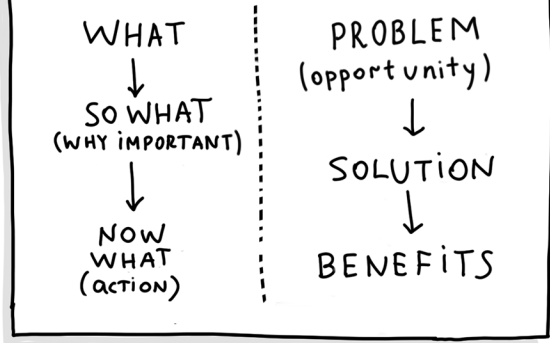
UNDERSTAND YOUR AUDIENCE & THEIR NEEDS!

1. ATTENTION
2. INTEREST (WHY SHOULD THEY LISTEN)
3. CREDIBILITY
4. EXPECTATIONS

WHAT DO YOU WANT THEM TO:



STRUCTURE



- SETS EXPECTATION
- HELPS YOU TO REMEMBER