



# SPEAKING WITH CONFIDENCE

# COMMUNICATION APPREHENSION

*“An individual’s fear or anxiety associated with either real or anticipated communication with another person or persons” (McCroskey, 2001)*

- Pounding heart
- Clammy hands
- Sweating
- Butterflies in the stomach
- Nausea
- Dry mouth
- Shaking
- Rapid breathing

# COMMON MYTHS

- “Imagine the audience naked.”
- “Any mistake means you’ve ruined your speech.”
- “Avoid anxiety by writing out your speech and memorizing it word for word.”
- “Audiences are out to get you.”
- “You will look as nervous as you feel.”

# MANAGING PRESENTATION ANXIETY

- Greet your anxiety
- Think about positive outcomes and say positive affirmations
- Connect with your audience by looking at them
- Breathe deeply
- Gesture broadly and forward, don't close in on yourself

# MANAGING PRESENTATION ANXIETY

- Use your body to address your discomfort
  - If standing still restricts you, move; if mobility distracts you, stand balanced
- Hold onto something or keep it in reach
  - A cold water bottle can reduce sweating and blushing
- Squeeze your toes in your shoes
- Give yourself the space to exist