EUROPEAN MICROSOFT FABRIC Community Conference

STOCKHOLM 24-27 SEPTEMBER 2024

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#FABCONEUROPE

From Stutterer to Speaker: Overcoming Your Fears

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((CENTRIC))

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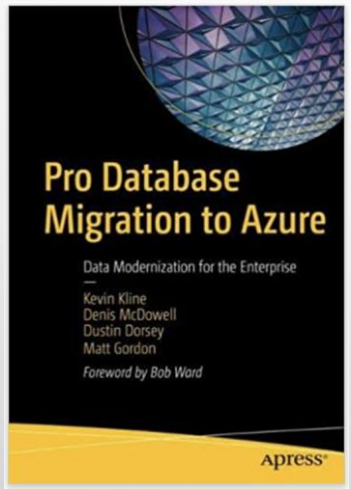
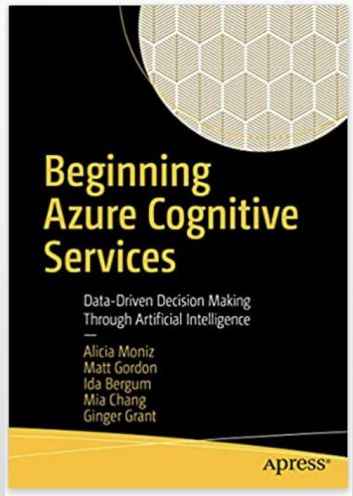




ABOUT ME

- 20+ YEARS OF SQL SERVER/AZURE SQL EXPERIENCE
- MICROSOFT DATA PLATFORM MVP
- REDGATE AMBASSADOR
- LED CLOUD MIGRATIONS LARGE AND SMALL
- WORKED ON AZURE AI SINCE 2017
- LEADER OF LEXINGTON, KY (USA) DATA TECHNOLOGY GROUP

What Fears Are We Overcoming?

SCARIER THAN DEATH?

- SURVEY BY BRUSKIN ASSOCIATES RATED PUBLIC SPEAKING #1 FEAR
- HEIGHTS WERE #2, INSECTS/BUGS #3, DEATH #7
- HOW HAS THIS SLIDE MADE YOU FEEL?

WHY IS SPEAKING SO SCARY?

- SIZE OF THE GROUP
- AUDIENCE NOTICES YOU'RE NERVOUS
- FEAR OF JUDGMENT

WHY IS SPEAKING SO SCARY?

- "THEY'LL KNOW I DON'T KNOW ANYTHING"
- WHAT DO I DO WITH MY HANDS?
- "I DON'T KNOW AS MUCH AS …"

Stuttering At The Start

Communicating

Matthew Gordon works on his speech and fluency skills with Doris Applegate, a speech pathologist at the Neoacacia Summer Communication Clinic. He is using the Delayed Auditory Feedback Unit. The six-week clinic, with two speech pathologists, was held at Neoacacia Masonic Lodge, 5885 Cleveland Ave., Westerville. The clinic, managed by the Easter Seal Rehabilitation Center, funded by Neoacacia and in cooperation with Columbus Schools and the Westerville School District, focused on school-age children with communicaton disorders.

WHAT WERE THE ISSUES?

- STRUGGLED WITH S SOUNDS AND M SOUNDS
- REFERRED TO SPEECH THERAPY
- EARLY FAMILY MOVES COMPLICATED THE ISSUES

Scared of Speaking

STORIES AND SCENARIOS

- REFUSED TO READ
- REALLY GOOD AT FAKING COUGHING FITS
- RARELY MADE EYE CONTACT

Sneaking Out

HOW DID YOU SNEAK OUT?

- BATHROOM BREAKS
- CREATIVE EXCUSES TO GO TO THE SCHOOL OFFICE
- SICKNESS

SOME THINGS WEREN'T SNEAKABLE

- GOOD NEWS:
  - WON AN ESSAY CONTENT IN HS
- BAD NEWS:
  - HAD TO READ MY ESSAY TO COLLECT MY PRIZE
- SELECTED ANY ASSIGNMENT THAT DID NOT INVOLVE BEING IN FRONT OF THE CLASS

Making Changes

THINGS HAD TO CHANGE

- COLLEGE FORCED NEW EXPERIENCES
  - AND CLEMSON UNIVERSITY HAD A MANDATORY PUBLIC SPEAKING CLASS
- INVOLVED IN MORE PUBLIC ORGANIZATIONS
  - PUT INTO SLIGHTLY MORE “PUBLIC” ROLES

THINGS WERE CHANGING

- STUDENT PAPER EDITOR SHOWED FAITH IN ME
  - FINDING A SUPPORTIVE COMMUNITY IS ESSENTIAL
- DID NOT REALLY TRANSLATE TO CLASSES
  - FOUND SPACES WHERE I WAS COMFORTABLE BEING “PUBLIC”

CAREER CHANGES

- GRADUATED COLLEGE
  - TRANSITIONED INTO AN ISOLATED IT CAREER
- GREW INTO DBA ROLE
  - TURNED INTO LEADERSHIP ROLE FOR DISTRIBUTED TEAM
  - EVENTUALLY TRANSITIONED INTO CONSULTING

CONSULTING TURNS INTO SPEAKING

- “MUST IS A MIGHTY MASTER”
- PERSONAL BRANDING AND COMPANY PROMOTION
- FINDING ANOTHER SUPPORTIVE COMMUNITY

Speaking Style Tips

TIPS & TRICKS

- BREATHE AND RELAX
- WORK OFF A ROUGH SCRIPT
- ONE PERSON'S STYLE DOESN'T HAVE TO BE YOURS
- SPEAK IN YOUR COMFORT ZONE
  - STYLE-WISE AND CONTENT-WISE

TIPS & TRICKS

- AVOID TROUBLESOME TRIP-UPS
- START WITH GIVING WEBINARS
- VIRTUAL EVENTS MAY PROVIDE A NICE TRANSITION TO IN-PERSON
- PRACTICE (FOR COMFORT & TIMING)

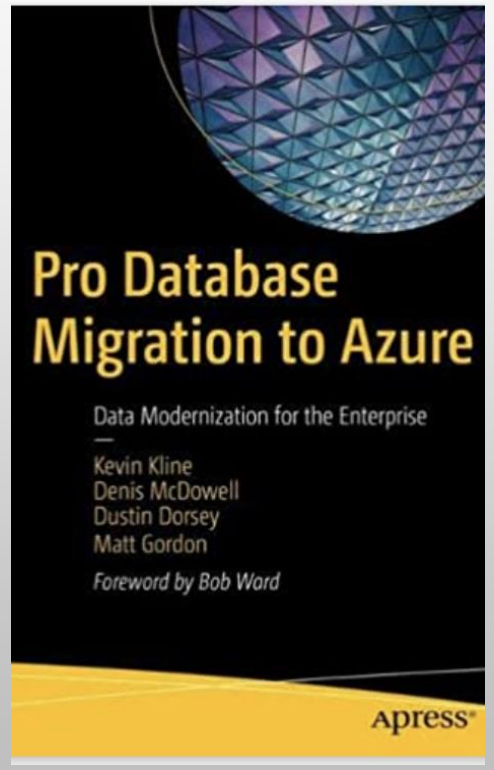
Making Our Way

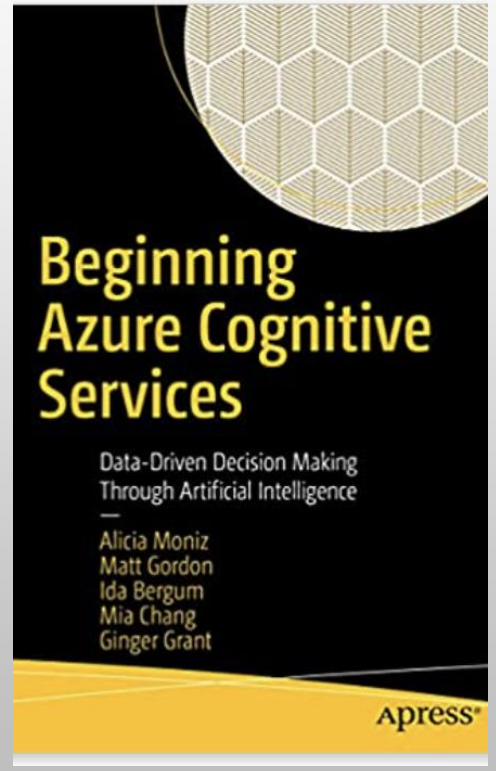
HOW CAN WE MOVE FORWARD TOGETHER?

- FIND A COMMUNITY
- REACH OUT TO EACH OTHER
- FIND A COMFORT LEVEL
- BE OPEN AND HELPFUL
- PAY IT FORWARD
  - ENCOURAGEMENT
  - BELIEVE IN SOMEBODY

LINKS FOR BOOKS

- COGNITIVE SERVICES BOOK
- DATABASE MIGRATION BOOK





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Thanks For Attending!

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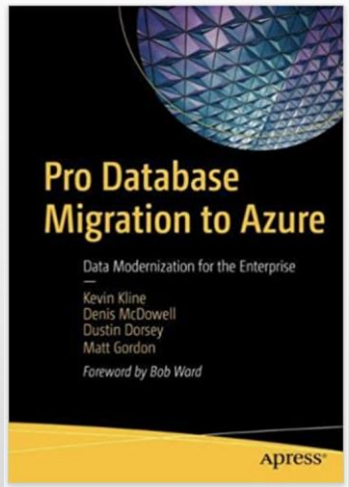

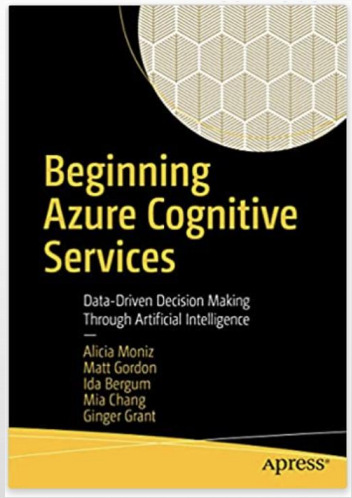

https://github.com/sqlatspeed/2024_presentations