

Talking without the terror

Welcome to this one hour teleseminar.

A few of quick points before we start:

- 1:** The reason this session is free is because it's an experiment – things might go wrong!
- 2:** Please make sure you're not going to get the sound of your speakers feeding back down your mic!
- 3:** I'm going to try and make a recording of this session: if you want a copy, just ask, but I'd ask you not to pass it on
- 4:** We've got quite a lot of ground to cover but I'm happy to take questions (obviously!)

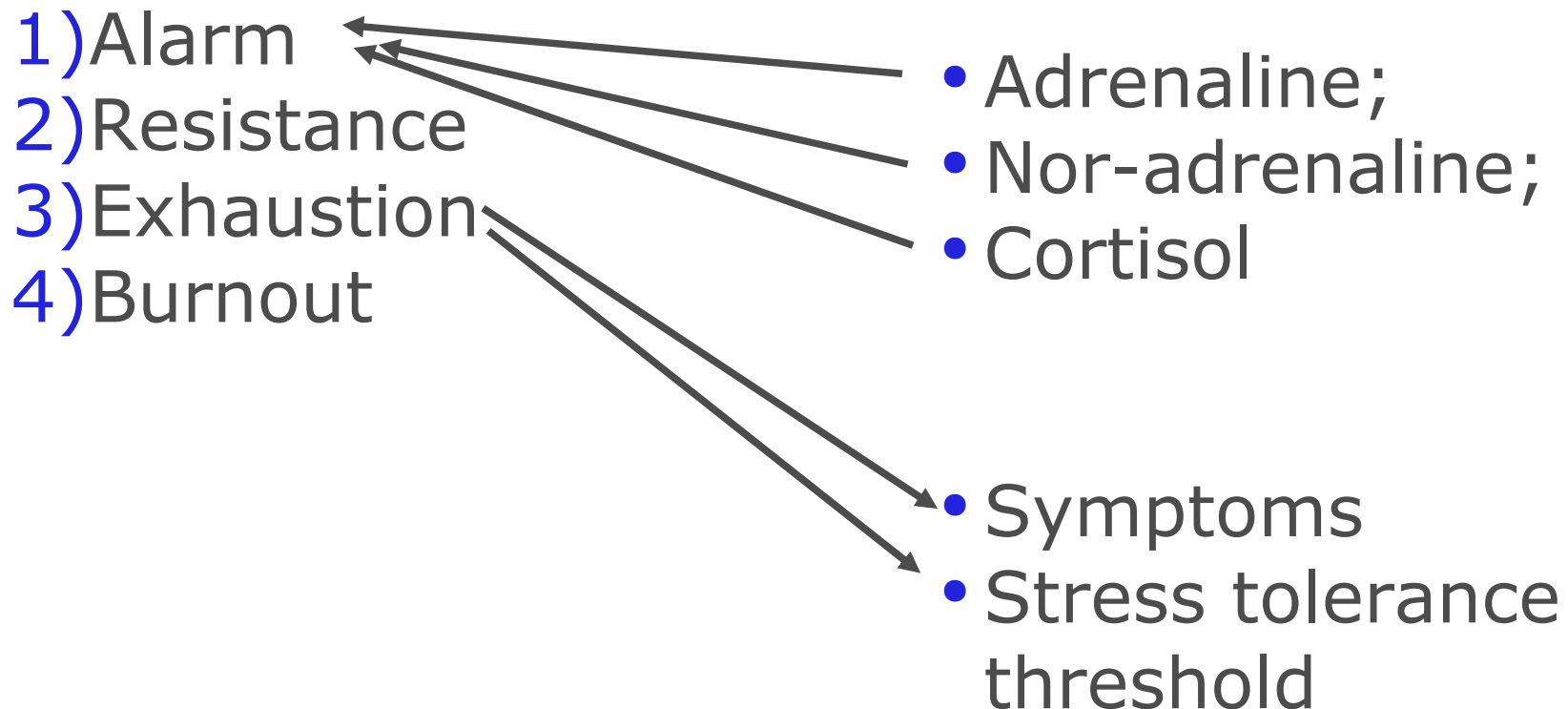
Talking without the terror

The overall structure of this one-hour session:

- welcome and background;
- avoiding the fear;
- mitigating the fear;
- recovering from the fear;
- farewells.

Fear is normal, natural (& good)

The stress response



Fear is normal, natural (& good)

The stress symptoms

- dry mouth – or it's opposte!
- pale skin – or it's opposite!
- tight muscles – raised shoulders
- walking backwards
- toilet trips
- thin voice

Techniques

- Before-hand
 - preparing
 - focus
 - visualising
 - logistics

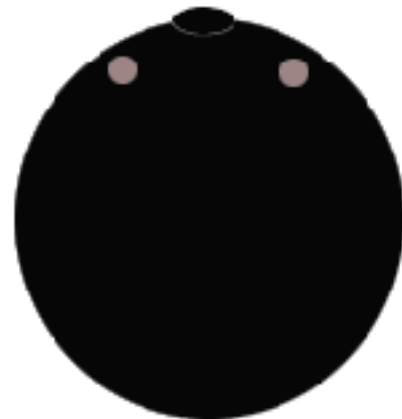
Techniques

- During
 - breathing
 - audiences
 - anchoring
 - peripheral vision

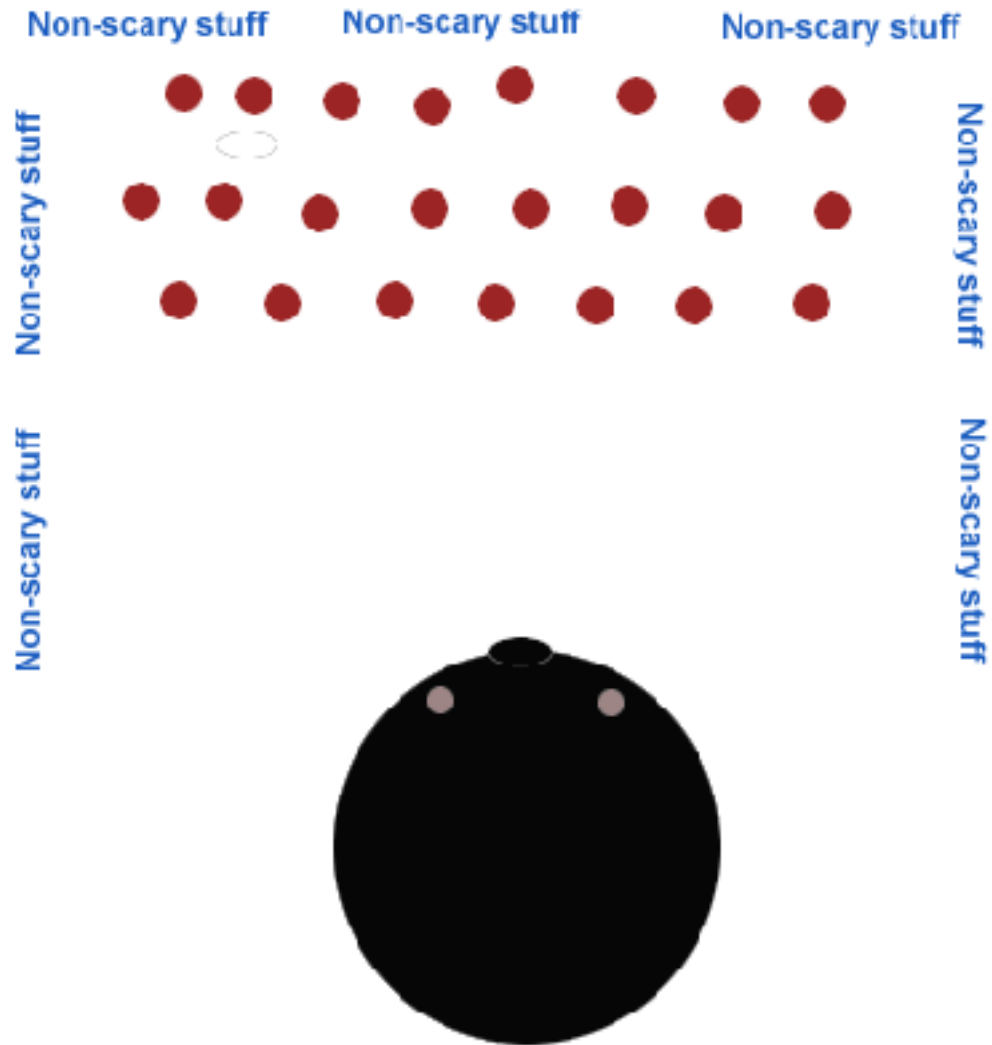
Fighting the fear



Fighting the fear



Fighting the fear



Techniques

- Covering up
- lip work
- body language

What next ?

• Things you can do for yourself

- practice the exercises
- practice your presentations
- listen again to a recording of this
- go on stage

Things we can do for you

- corporates to curved-vision.co.uk
- individuals or SMEs to tellingpeople.co.uk
- ebook purchasing to brickwrappedinvelvet.com
- free screensaver at the tellingpeople site