

Fear(less) Public Speaking

BRAIN SCIENCE:

- 7 out of 10 Americans suffer from Glossophobia.
- Fight or flight is a full blown, hormonal automatic reaction to a threat. It begins in our brain stem and sends signals to our parasympathetic nervous system.
- Fear of public speaking is an ancient reaction from our caveman (and woman) days to an imagined threat.
- Your brain does not know the difference between fear of public speaking and fear of being attacked by a saber tooth tiger. It just knows fear.

BELIEVE IT:

- Negative thoughts are more powerful than positive ones (negativity bias) and saying thoughts aloud is more powerful than saying it in your head.
- Recondition your inner voice by taking the following steps...
 - Acknowledge the fear
 - Name it to Tame it and talk to it
 - Breathe
 - Become comfortable with the uncomfortable (growth comes from a place of discomfort)
 - Write a positive mantra/coaching script. Read it to yourself aloud daily. Try it out in stressful situations.
 - Focus on your why
 - Visualize

BREATHE:

- Diaphragmatic breathing is often called horizontal breathing, balloon breathing or belly breathing.
- Diaphragmatic breathing gives us the ability to manually switch from fight or flight to rest and digest by tapping into our vagal nerve.
- Diaphragmatic breathing increases our blood oxygen levels therefore lowering our heart rate.

BODY AND VOICE WORK:

- According to the Merhabian study, an audience's perception of a speaker's credibility is based on 38% tone of voice, 55% body language and 7% content.
- Use power posing to "fake it til you become it." Especially in the first 5 minutes of your talk.
- Do breath support exercises to ensure the voice of leadership.
- Do ghost exercise to stop quivering voice.
- Use pausing to take a belly breath and slow down.
- The speaker warm up consists of: breath work, body work, voice work and mindset work.

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BABY STEPS:

- Our brain craves safety so trying to accomplish too much at one time throws us back into fight or flight.
- In order to avoid fight or flight, chunk down the large goal into baby steps.
- Chunk down even further using the J5M method (just 5 more).

BE PREPARED:

- Negative thoughts are more powerful than positive ones (negativity bias) and saying thoughts aloud is more powerful than saying it in your head.
- Rehearsal is key for confidence.
- Hebs Law explains that practice actually builds neuro super highways in our brain.
- Use a layered rehearsal strategy and calendar off each layer/phase.
- Get feedback from 3 sources: yourself, a trusted advisor and somebody akin to your audience.

BARE IT ALL:

- Creating your authentic speaker persona makes us feel more comfortable in our own skin.
- Focus on serving your audience to take the pressure off you.
- Focus on the unique gift that you give to this audience with your presentation.