

HARNESSING YOUR NERVOUS ENERGY WHEN YOU SPEAK IN FRONT OF OTHERS

When you have to get up and talk in front of people what do you experience? Do you

Freeze?

Stammer ?

Move (uncontrollably)?

Shake?

Lose your Memory?

Hear Voice

Feel Tongue Get Thick?

Have a Dry Mouth?

Feel Face turning red

Let's look at some of the ways you can overcome this thing called "Nervousness".

1. Nervousness is not unique. Over 85% of people surveyed hold public speaking as their greatest fear. Check out the Book Of Lists at your local library. You'll find "Fear of Speaking in Front Of A Group" is at the top of their list of fears. Surveys continually find Nervousness tops the list of fears for over 85% of groups surveyed.

2. There is no Magic formula...only control

Your control is to think of the Sense of challenge – and your achievement.

You could liken to an athlete's surge of energy the "Up" feeling. This is how they refocus their "fear" or "anxiety".

3. Here's a way to re-focus your nervous energy.

- a)** Focus on your audience. If you look honestly what you are nervous or fearful about, you'll find all your reasons have to do with you! "I might make a mistake"; "I might forget"; "I don't know these people". All "I's"!
- b)** Move the focus! Remember your brain works best when focused on one big task at a time. When you are speaking to one person or one thousand, your purpose is always on what you want to happen when you stop talking.
- c)** And give your audience credit. They won't abuse you. Unless you are handy with a lasso, you didn't rope them into listening to you. Either they or management felt you had something to offer that would be useful to them. Remember most of them publicly or secretly are struggling with the fear of getting up and speaking in front of a group. When you do it you encourage others to try too.

To further help you “Get over it!” here are -

Seven Steps To Help Reduce Anxiety When Speaking:

1. Attitude: it will determine success. Think of speaking in front of people as an opportunity not a duty. A chance for you to share your ideas. Accept it.
2. Experience: the more you do the easier it will become. Take advantage of every opportunity.
3. Preparation: know what you are going to say. Remembering the first rule in effective presenting is to say what you NEED to say not what you WANT to say to get the 'buy-in' from your audience.
4. Relaxation: A quick and easy exercise is to take in a deep breath and let it out slowly. However be sure you replenish your breath before speaking. Otherwise you'll be trying to speak without breath support! A sure way to unnerve you!
5. Concentrate on honing your communication skills. My book *Speak With Power* will help with orchestrating your message.
6. Polish your speaking techniques so you are speaking effectively. For example you need to change your pitch with each new thought. The full story of speaking techniques for success can't be told here. You'll also find these details in my book.
7. Don't react to any anxiety. For example, don't begin by saying “I'm really nervous up here...” or “I'm not really used to speaking in front of people...” Or whatever other excuses you might make in case you might do something wrong. Remember your audience wants you to succeed. They came to hear you. They are the focus – not you!

As a last word let me share a short story with you. A recent client came to me for help. Within less than a month, applying the techniques I share with you, this client was not only getting up and speaking with poise and focus but was looking for opportunities to speak. Today this person is considered the top spokesperson for the organization. Let that be your goal too.