



Speechcraft 2012

Taking the Terror out of a Talk



Nervousness

- ▶ Stage fright is common to all speakers who are concerned about their performance.
- ▶ But it is valuable if used properly.
- ▶ The key is learning to control it.



Nervousness can be reduced by:

- ▶ Experience
- ▶ Mental rehearsal
- ▶ Relaxation techniques



Experience:

- ▶ Practice
- ▶ Review
- ▶ Practice



Mental Rehearsal:

- ▶ Visualisation
- ▶ Feel the success , feel the confidence
- ▶ Incorporate into your speech practice



Relaxation Techniques:

- ▶ Nervousness often causes shortness of breath.
- ▶ Controlled breathing techniques
- ▶ Breathing from the diaphragm reduces shortness of breath and supports your voice.



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