

Public speaking - stress



YOUR FEARS



Psychological preparing

First step



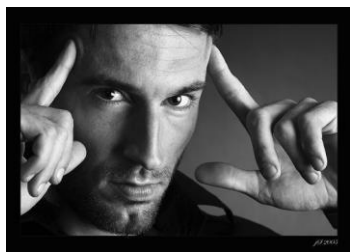
Why we are afraid to perform in public?

Types of fear:

- before ridicule
- before the throat is dry
- before making a mistake
- before listeners and their reactions
- for losing position while speaking
- before disaster



Circle of fear



1.
Thoughts
about
speaking

2.
Attitude
and
emotions



3.
Physical
reactions



4.
Speech



How to overcome the circle of fear?

- A small doze of fear can work mobilize.
- All winners know stage fright.
- Our goal is not to eliminate fear but skillful control over him.
- The most important listener is you alone!



Are you afraid? Stress? Uncertainty?

REALISE NEGATIVE EMOTIONS!!!

THIS **SEDONA METHOD** WILL HELP YOU



FIRST STEP

➡ Focus on what you feel at the moment.

➡ Accept this feeling fully.

➡ Don't fight him.

The moment that lasts is the only time when
you can change your thoughts and feelings.

STAY HERE NOW!!!



Step 2

Ask yourself

Could I let can this
feeling go away?

Answer this questions intuitively, without thinking. It doesn't matter what the answer it.
The negative feeling will be released anyway.



Step 3

Ask yourself

Will I let it go away?

Answer this questions intuitively and internal
analysis.



Step 4

Ask yourself

When?

It's encouragement for you to let go of
emotions HERE and NOW



Ways to control stage fright

1. Breathe
2. Imagining success
3. Calm duck syndrome
4. The discovery of the unknown
5. Talismans
6. Experience



Watch out for traps!

1. Unreasonable belief that everything must go well
2. Relying on the old pattern
3. Not paying attention to details
4. No response to the comments and advice of others



Excercise

CLAIRVOYANCE	PLANS
How will I fall?	What will I do?
Who will I go to?	What I won't do?
What others will think about me?	What I will say?
Who will they have me for?	What will happen to my body?
The worst possible scenario	The best possible scenario



Beliefs

Beliefs are different opinions, concepts and generalizations about the reality that surrounds us, which we consider to be true and fundamental

Beliefs can be positive - supportive
and negative - restrictive



Try to track down limiting beliefs



Replace restrictive with supportive.



Such a process will give
you wings!

Your confidence will
increase!

You will cope better in
stressful and anxious
situations!



What to do when a limiting belief occurs?

By asking yourself the right questions and searching for answers to them, you can identify where they are falsified

Why?

Which ones?

How do you know?

In what situations?

How?

How often?

In what situations not?

In whose opinion?

Where? When? With who?

What is the conclusion?



Auditorium

Step two



Auditorium recognition

- Who will the participants be ...
- How numerous will the audience be ...
- Will they actively participate in the presentation ...
- How well do they know the subject ...
- What will they expect ...
- How to reach them, what methods to use ...
- How to present material to elicit a positive response ...



Point

Introduce at the beginning:

"What I want to say today boils down to ..."

"My main conclusion is:"

Only then can you count on being heard.

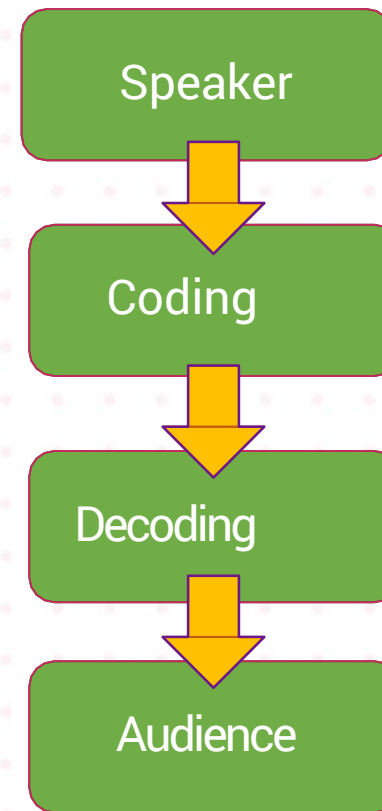
The audience must know the purpose of the presentation and find something for themselves in it.



Will they guess what you mean?

Information gap

Do people understand the words?



Observation of the audience

- Do they understand what you are saying ...
- Do they follow what you are talking about ...
- Do they nod as a sign that they understand
- "Maybe they indicate that they are lost ..."



Troublesome questions

- Reply
- Admit your ignorance and promise to find the answer
- Promise a response to the personalities during the break
- Call an Expert colleague from the industry for help
- Send the question to another participant
- Initiate general discussion



Dialogue with the audience

1. The most important person in the presentation is not you but your listener
2. Make contacts with the auditorium
3. Open questions - desirable
4. Closed questions - prohibited



Plan preparation

Step three

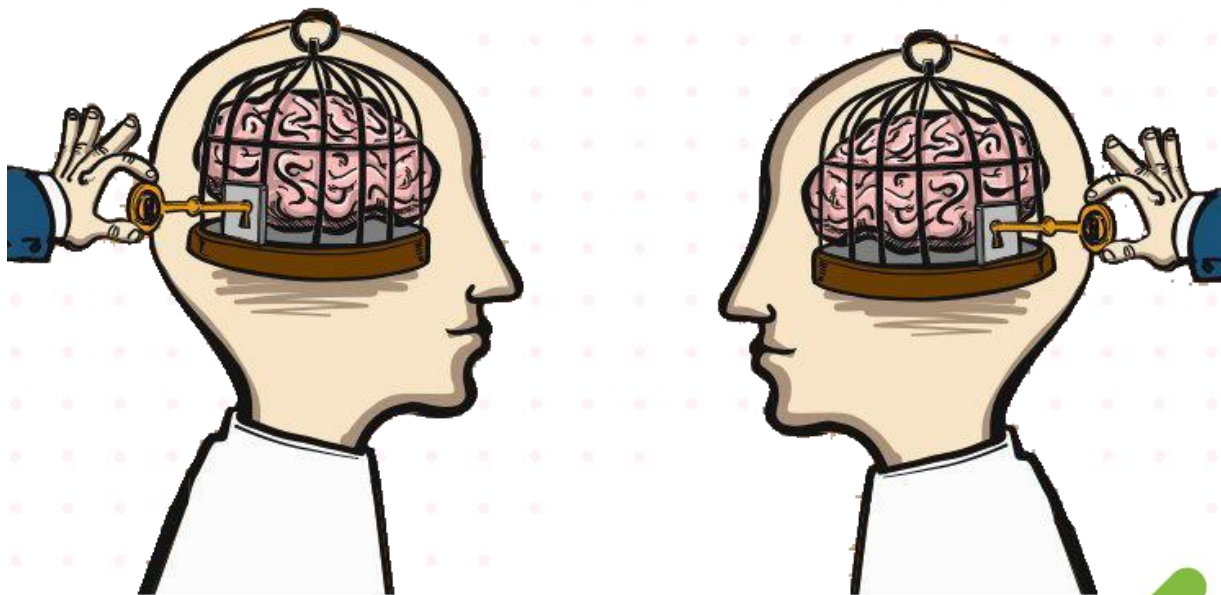


Form of communication

People receive and communicate "signals" with almost all senses.

Their proportions are:

1. 83% eyesight
2. 11% hearing
3. 3,5% smell
4. 1,5% touch
5. 1% taste



Important!

1. Get ready
2. Make a plan
3. Develop the substantive part of the presentation
4. Do your best - you will avoid stage fright
5. Practice at home in front of the mirror
6. Do not read from the card
7. Time - trick



Introduction

5 items

- A polite greeting
- Self-presentation
- Plan
- Route
- Rules

WHO AM I?

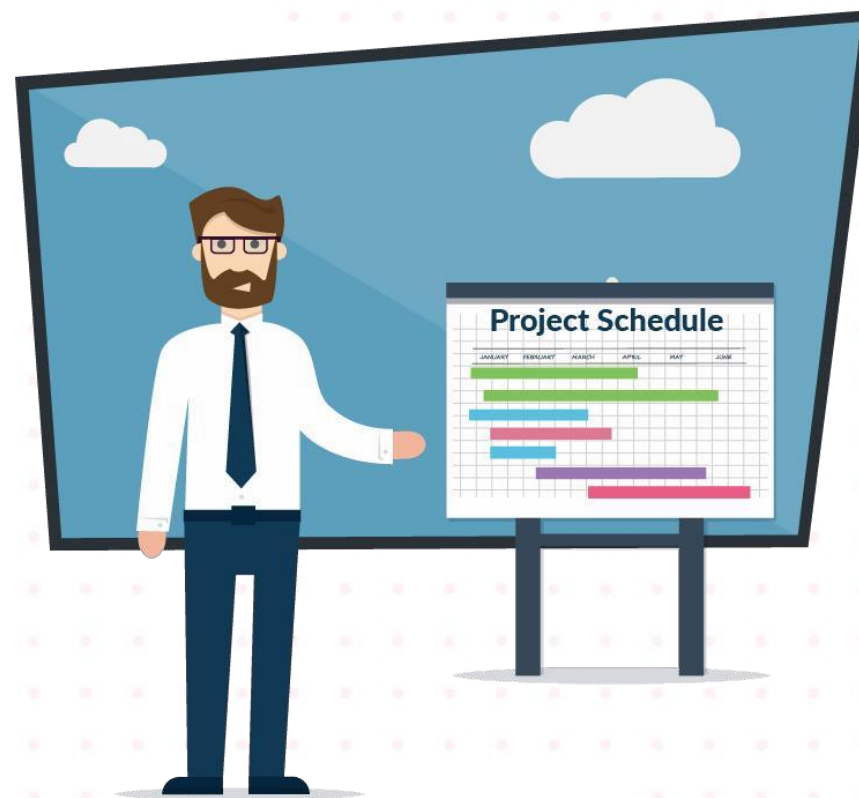


Introduction

Open the presentation with a bustle.

Start options:

1. Introduction: Main Message
2. Introduction: Analogy
3. Introduction: Voice of Authority
4. Introduction: Tell the story
5. Introduction: An ingenious joke



Main content

- Divide the main part into topics
- Summarize each thread by remembering what was said
- Check if the students understand
- This part does not have to be a monologue, you can include participants in the discussion
- Remember limit the number of threads
- Go in time - to summarize the entire presentation



Summary

The ending is the last opportunity to influence your listeners

1. The ending must therefore be energetic
2. Must contain the main performance and meaning sent
3. Must include a call for some activity that may result from the thesis or phenomenon presented in the presentation



Be confident!

- Self-confidence is not an innate quality.
- You can learn her.
- Exercise and be consistent!



In building confidence we help you:

1. SELF-CONSCIOUSNESS
2. SELF-ACCEPTANCE
3. SATISFACTION WITH YOURSELF
4. FAITH IN YOURSELF



Before a Superhero

Superhero position
is a way to build confidence
through body language



Start!!!

- Stand in a gentle stride
- Straighten up
- Put your hands on your hips
- Take off your shoulder blades
- Push your chest forward
- Lift your head up
- Breathe deeply

Stay in this position for 2 to 5 minutes

How do you feel now?



An internal critic

An internal critic is a voice in your head that suggests thoughts:

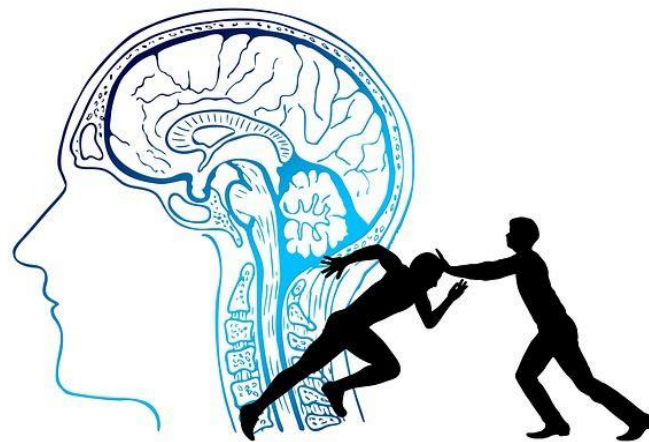
"You're bad"

"You can not do it"

"You lost again"

"They will laugh at you"

Such words are hurting, restricting,
blocking and undercutting the
wings.



Defeat the Inner Critic!

1. MEET IT

Think about who reminds you. Perhaps a person from your surroundings (parent, teacher, grandmother, grandfather ...).

Look carefully at what he looks like when he is most active.

Observe all the details.



2. Think about what you have benefits and losses from listening Internal Criticism

What gives you?

What does it take?

What needs does it meet?

Satisfying which blocks or limits?

What does it protect against?

How does it help?

What is harmful?



3. Start a dialogue with Inner Critic

Be rational!

Be objective!

Look for arguments!

Look for evidence!



4. Build a distance to the words of Internal Critic

Imagine being funny in voice, it looks like character with content.

PLAY!

EXPERIMENT!

Change his appearance and tone of voice. Yes, the author has become funny not menacing.



Internal Critic?

5. Be patient!

The Internal Critic has been with you for a long time. It will be difficult to change it right away.

Give yourself time!



6. Be assertive!

Assertiveness is the ability to express one's opinion, feelings, attitudes in an open manner, within the limits of neither the rights nor the mental territory of other people or one's own. It is the ability to behave simultaneously with respect for oneself and for others, in a non-aggressive way, without causing suffering to others or one's own

"Your rights and needs are as important as mine"



**Practice, Practice and
Practice!**
To victory!!!

