

Stand and Deliver

Why is public speaking so scary?

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SOME PEOPLE ARE JUST BORN WITH IT—that natural sense and ability to communicate with others in a group setting. Others see it as one of the Big Three, along with death and taxes. This session will explode the myth that effective public speaking is a skill with which you must be born. In fact, there are a variety of specific tactics, tricks, and strategies that you can employ when you need to present in public but would rather crawl into a hole and die. Topics to include:

- Worst advice you can get: don't be nervous.
- Big gestures are your best friend.
- Don't memorize...just know your transitions.
- Do webinars change the rules?

This session is for those who have to speak in public or on webinars or who have to coach others. After attending, you will have several tangible strategies and techniques you can put into practice immediately that will help you become more comfortable when speaking before audiences.

