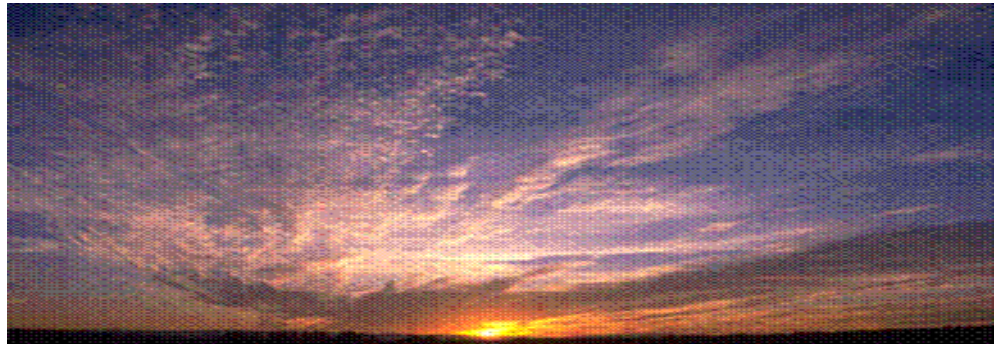


# Young Markets

## Presentation Tips & Tricks Countering the Fear of Public Speaking

*Effective Presentations*

No. 1 in a series of 6



1. Fear or nervousness is only natural. If the adrenaline isn't flowing then that is the time to start worrying
2. Prepare your material, yourself and the presentation room properly, in advance.
3. Put the presentation into your own words and practise your speech out loud.
4. Use Cue cards (see separate tips sheet).
5. Breathe deeply from the abdomen – start breathing before you start talking.
6. Think Positively – use creative visualisation – tell yourself that you will succeed.
7. Imagine the audience are sitting on the toilet, are naked or have holes in their socks – anything to make them seem more like ordinary people.
8. Go for a walk before the presentation or chew a mint before you start.
9. Remember:
  - a. People rarely look as nervous as they feel.
  - b. The audience are people just like you and me. No one has ever died from speaking in public.
  - c. Your audience **wants** you to succeed.
10. Use the fear to give your presentation more energy.

Remember:

**Feel the fear and use it to your advantage**



For more hints tips and advice on effective business presentations and our ebook "A to Z of Effective Business Presentations" go to [www.businesspresentation.biz](http://www.businesspresentation.biz)

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