

One of the Top Fears!

- Feeling nervous while speaking in public is **normal** and affects millions of people in the U.S.!



~75%

of people report
feeling **anxious** when
speaking in public

Triggers Flight-or-Fight

1. Feeling butterflies in your stomach
2. Dry mouth
3. Rapid breathing
4. Fast heart rate
5. Sweating
6. Shaky hands and weak knees
7. Unsteady voice

Tips to Become a Confident Speaker

- Know what you want to say
- Use notes and organize your thoughts
- Practice practice practice
- Breathe deeply
- Drink plenty of water
- Remember, everyone makes mistakes

