

# Overcoming Fear

## 10 BIGGEST FEARS THAT PEOPLE HAVE

### **Talking too fast**

- *Work on pauses*
  - *Take a sip of water*
  - *Purposely check notes*
  - *Change Power Point Slides*
  - *Ask Audience a question*
- *Incorporate vocal variety*

### **Fear of saying words like Um/Uh**

- *As we already know, body language accounts for 55% of audience engagement, compared to 7% from words – with good energy your audience won't be affected*
- *Practice*

### **Fear of Mental Block**

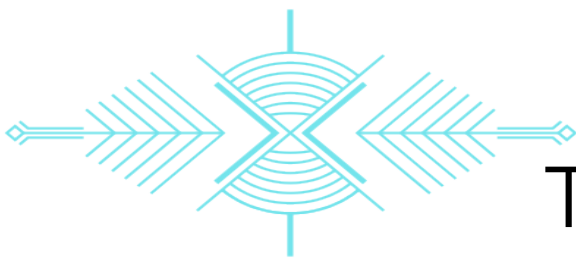
- *Practice*
- *Stay in the moment*
- *Maintain a connection with your audience*
- *Repeat your last point*
- *Be honest and vulnerable with your audience – can create empathy and a connection*

### **Fear that I wont know my stuff**

- *You're the expert, that's why you're speaking*
- *You have a message that you want to share*
- *Rehearse*

### **Fear that I will sound Stiff**

- *A common misconception that people have is that if they don't rehearse, they will sound more natural – this is often the opposite*
- *Rehearse*



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## ***Fear that I will do something embarrassing***

- *Create a list that can potentially happen*
- *You will realise you actually have nothing to worry about*
- *Rehearse*

## ***Fear that I will look scared***

- *Your audience barely notices – they are more focused on your message*
- *Practise body language and vocal techniques*
- *Even if you do look scared, you will gain empathy from your audience*

## ***Fear of the known***

- *Be proactive*
- *Remain objective*

## ***Fear someone will ask a tough question***

- *Apologise and follow through after with your answer*
- *Deflect back to your topic using the essential media training strategies*

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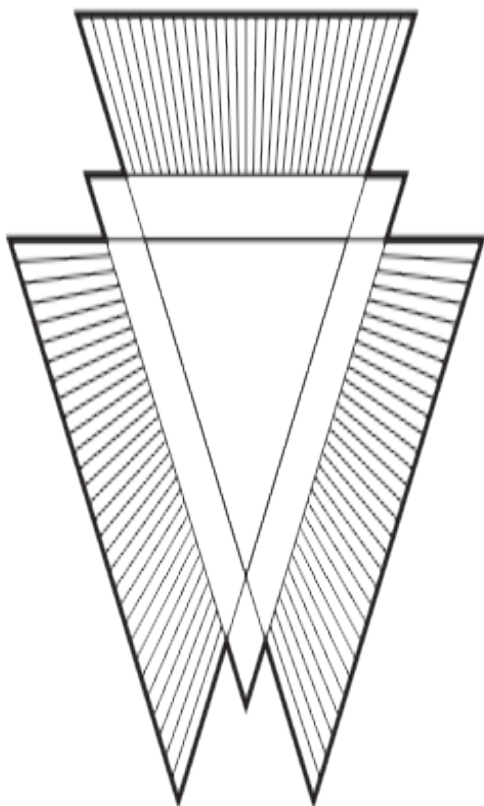
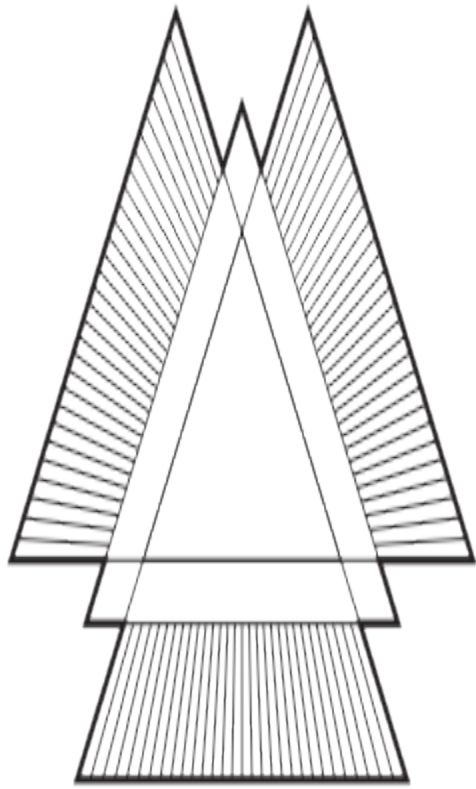
**NOW IT'S YOUR TURN**

## ***Fear the audience won't like me***

- *The audience is listening to you – they want your information*
- *Not everyone will like you – that's okay*

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***NOW IT'S YOUR TURN***