Are You Nervous About Public Speaking?



Lack of Confidence? Then You Need

A.
Affirmations
B.
Positive self talk

Lack Of Preperation?

Then you need to reread your notes and practice aloud

Free floating anxiety?

Practice deep breathing and reframe the way you think of nervous energy

High Stakes?

Then you need to distract yourself and use humor





No? Why?

If it is Because of Confidence

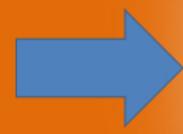
Great! have fun!

If it's because you don't care

Then you need to ask yourself, Why am I here?

Why am I here?





Fearless
Public
Speaking

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