Best 3 Minutes

5

WAYS TO MANAGE PUBLIC SPEAKING NERVES



Here's a quick overview of some of the most powerful tools to overcome something that most people experience - getting nervous before a presentation.

Find out which ones work best for you, and you'll find yourself turning nerves into energy, and making confident talks every time.

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5 Ways To Manage Public Speaking Nerves

1

Memorise the first 60 seconds, to reduce the pressure at the beginning..



The first moments of a talk are the most stressful of all. If the opening goes well, it provides a strong platform for the rest of the talk.

Memorise the first 60 seconds so well that you can tell them in your sleep!

NOTE: just doing this one thing solves the nerves problem for 80% of people.

2

Check the room in advance and get familiar with the equipment.



Familiarity reduces stress. Get a feel for the environment for your presentation.

Test the slides in advance. Are the fonts working? Do the movies and music look and sound right? Is the format (16:9 or 4:3) correct?

Check the microphone (if there is one) and stand at the spot where you'll speak.

3

Walk out in front of the audience. Pause for half a second. Then begin.



Starting when you're on the move makes it unclear that the talk has begun.

Give them a definite moment: you're starting your presentation, it's time for them to listen.

This moment of pause gives your brain a chance to engage with the subject and be one step ahead of your mouth!

4

Body Posture influences power and stress: check Amy Cuddy's TED talk.



Amy Cuddy discovered that raising your arms or standing in the SuperWoman pose, for 2+ minutes, will increase your power and reduce your stress.

If sitting, ensure you have an open posture in the minutes before you will begin. Shoulders back, legs and arms uncrossed, head up - once again, for 2+ minutes.

It sounds nuts! But it works, as hundreds of scientific tests have proven.

5

And finally: just breathe...



In the minutes before you are about to speak, bring some air into your lungs.

Breathe deeply and consciously: in through the nose, out through the mouth.

Think about the great preparation you've done, and remind yourself what value you're bringing to this audience, as a person and as a professional.

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