



# **NAFAS – Speakers Handy Hints for Members Building Confidence**

Glossophobia is a fear of public speaking. It comes from the Greek “glossa”, meaning a fear of the tongue.

## **THE DIFFERENCE BETWEEN PERFORMANCE ANXIETY AND FEAR**

Performance anxiety is normal and allows a presenter to raise their game. Performance anxiety is about being excited rather than fearful. An excitement to do well and succeed improves performance as it focuses on the task and the audience. Fear is anxiety centred on the presenter which can be harmful.

## **HOW TO BUILD YOUR CONFIDENCE**

### **Reduce stress.**

- Take deep breaths that expand your rib cage.
- Do relaxation exercises – tense your muscles and release.
- Take up yoga, Pilates or Tai Chi.
- Know what makes you happy. A photo, a song, a memory.
- Do presentations on subjects and take part in events that you enjoy.
- Wear the right outfit. Be comfortable in what you wear. Look good. Feel great.
- Be good to yourself.

### **Find a distraction.**

- Do a physical activity – go for a walk, run, swim, sing, dance.
- Find a hobby – photography, knitting, bird watching, gardening,
- Listen to music or watch a video.

### **Face the fear.**

Acknowledge your feelings. Tell yourself that you are excited and that you are looking forward to the opportunities and experiences available.

Imagine yourself doing well, succeeding, and achieving the outcomes that you desire. Pretend to be a braver version of YOU.

As you wait to perform have an open body posture. In the words of Amy Cuddy, (Harvard lecturer) – not only ‘fake it until you make it’, ‘fake it until you become it’.

## **AFTER A PRESENTATION.**

Applaud yourself for what you did well.

Don’t beat yourself up when things could have gone better. Assess your performance, make adjustments, and then move on.

**Don’t live with regret. Make the most of all the opportunities that are available.**