

FACE YOUR GREATEST FEAR!

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**FACE YOUR GREATEST FEAR!**

**By Jacques Waisvisz**

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Have you attended meetings where you wanted and were expected to contribute and simply did not dare to get up and be heard? Have you toyed with the idea of giving workshops to increase your business, but shied away because you were too scared to get up in front of an audience?

Why is it that so many us, who have worthwhile contributions to make, avoid getting up in front of a group of people, to put our thoughts into words? Why is it that small vocal minorities often seem to get their way? Why is it that Toastmasters International attracts over 170,000 members every year? Because many people are afraid to address an audience.

A U.S. publication, "The Book of Lists" reports that the greatest fear of people in North America is to get up in front of a group of people to make a presentation. You are not alone!

And what do most of us do to overcome this fear? We simply decline invitations to speak. In other words, we throw away opportunities for career advancement or increased business. We choose to remain in our comfort zone.

If we do accept to speak to an audience, we have a tendency to hide behind electronic wizardry rather than making our speech a promotional platform for ourselves and we fervently hope that the audience does not notice our shaking knees, trembling hands and quivering voice.

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Real communication takes place when one human being reaches out to others by using his or her own natural wizardry. All the email, faxes and multi-media equipment in the world will not be able to replace the human voice, body language or emotion in communication.

Presentation skills are within all of us but we have often developed a negative attitude towards speaking in public. Many psychologists and therapists tend to agree that this phobia about public speaking might have developed as a learned negative behavior during our school years.

Kindergarten. Show and Tell. I bet you can recall several of your little class mates who were called upon by the

teacher to do their "show and tell" in front of the class and who left their mark...on the floor, right in front of the whole class. That's how scared they were!

Elementary School. Presentations in front of the class. This was the period when we had crushes, and the subject of our admiration was snickering at our ineptness!

High School. How did the teacher always know the kid who had not prepared his or her homework? Another humiliation in front of our peers!

Is it any wonder that we grow up with this negative attitude about getting up in front of a group to make a presentation? Of course not! It is the result of negative conditioning. Since one of the greatest human motivations is the avoidance of pain, we have learned that speaking in front of a group is to be avoided at all costs, because it creates nothing but pain and embarrassment.

But there is hope, negative attitudes can be unlearned. We can learn effective ways to control this fear and to use our voice, body language and emotion to make successful presentations and deliver workshops that create results. Here are a few tips:

Read the complete article that provides various solutions to overcome this FEAR of speaking in front of a group, in our semi-monthly ezine.  
mailto:speakertip@smartbotpro.net  
Visit the Speaker's Coach Website at:  
<http://www.intranet.ca/~jwaisvisz>

Jacques Waisvisz The Ten Ps of Powerful Presentations Presentation Skills Seminars and

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### **Are You A Procrastinator?**

**By Robert Taylor**

What is the dictionary definition of a procrastinator? It is one who delays, defers action, puts off until another day. At some point in our lives all of us have probably procrastinated over something we needed to do. This is human nature.

And...it is especially true if the task to be done is disagreeable.

Have you ever noticed that we somehow find time to do those things which we enjoy much easier than we find time to do things we dislike doing? In reality, once we get the disagreeable items finished and out of the way the agreeable items become much more enjoyable.

This is so because we no longer have those nagging thoughts about things left undone. Our minds are clear to enjoy the pleasanter things we wish to do.

Perhaps the greatest cause of procrastination is fear. We put off doing that which we fear. In some aspects fear is very similar to worry. Think back through most of the things about which you worried and you will find they never came to pass. It was needless worry on your part.

In a similar vein, when you face those things you fear you will find that the fear fades away as a fog during the morning sunshine. Other than fear of things which are life threatening, fear is of no value. The only substance it has is that which we give it of our own accord. Fear has been aptly called False Evidence Appearing Real. It only exists when we give it reality.

What is the point of this article? It is to face your fears and they will disappear. Admit when you are procrastinating about doing something and just go ahead and get the thing done and remove it from your thoughts.

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Are You A Procrastinator?

Is Fear Holding You Back?

Control Your Fear Before It Controls You

The Ghost Of Fear

F-E-A-R in the Job Search!

Mind Power Creative Thinking

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How To Create HOT Information Products  
101 tips to stay fit and live longer.  
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