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**Ten Steps to Fearless Public Speaking**

**By Graham Jones**

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There is plenty of dubious material which suggests you can combat public speaking fear. Much of it includes fancy techniques such as 'visualisation' or 'breathing techniques'. Well, they might work. But this ten step system is **GUARANTEED TO WORK**. That's because instead of fancy tricks and techniques, this system of dealing with public speaking fear uses your body's natural defences against fear.

**STEP ONE**

Prepare well. Naturally enough, the more prepared you are the more likely you are to feel in control, which will **NATURALLY** help your nervousness reduce.

**STEP TWO**

Practice, practice, practice. You can't do too much practice. Don't listen to those people who say you can over-practice. Tell that to circus artists who practice day in day out for decades, just to get their act right. You don't hear actors and musicians complaining they had 'too much' rehearsal time. The more your rehearse, the better.

**STEP THREE**

Say your speech **OUT LOUD**. Whether you are in the car, the bath, or going for a walk with the dog, say it out loud. Going through your talk 'in your head' means you don't benefit from something called 'psychomotor memory' – whereby the memory for what you need to say is partly embedded in the muscles of your mouth.

**STEP FOUR**

Get to the venue early. Get a feel for the room. Sit where the audience will sit so you can see it from their perspective. Walk around the auditorium. Practice your speech on the stage itself. The more comfortable you are with the room, the less your nerves will be.

**STEP FIVE**

Get some exercise. A walk, a swim, a session in the gym, it doesn't matter what you do, as long as you

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get some exercise in the couple of hours before your talk. That way you'll change the chemistry of your blood supply in your own favour. Exercise is essential in reducing nerves. Do not skimp on this.

### STEP SIX

Chew some mints or sweets. While waiting to go on stage, chew something. This will produce saliva which also helps reduce nerves. If you drink water your saliva production will go down and your nervousness will rise. Avoid water when presenting.

### STEP SEVEN

When you go up on stage, smile. No matter how false it feels to you, the audience won't notice. Just smile. It helps produce hormones that lead to a more relaxed feeling.

### STEP EIGHT

Be active on the stage. Move around, use big gestures and get as much body movement as you can. The more you move the more relaxed you will feel.

### STEP NINE

Look people in the eye. Make as much eye contact as you can. The more the better. Eye contact is essential in helping you feel good and reducing your nerves.

### STEP TEN

Use feedback. Always gain feedback on your speeches. You'll soon discover you are a lot better than you think you are, which is bound to help boost your confidence.

Graham Jones is a psychologist and public speaker. He has helped over 17,000 people overcome their fear of public speaking. He runs The Presentation Business to help you speak in public. See: [www.presentationbiz.com](http://www.presentationbiz.com) Or sign up for a series of tips via email: [tips@presentationbiz.com](mailto:tips@presentationbiz.com)

## **Public Speaking Tips For Kids**

**By James Masterson**

Public speaking is one skill that kids should enhance. Aside from practice, public speaking for kids requires personal coaching. Personal coaching includes the development of self-confidence and the effort on helping kids to improve their public speaking skills. For beginners it is important that they undergo this kind of learning to have a better public speaking approach.

Kids have their own skills and abilities on how to deliver a presentation. It is up to the coach to bring out that natural skill in them. The kid only needs to listen and internalize all the things that the coach will teach.

If you are the kid being trained, you will be introduced to an approach in public speaking that can be convenient to you. The coach will not attempt to change your style and be different to other speakers; although speakers seem to be more effective if the audience finds him unique in his public speaking.

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The coach will try to enhance your own skills and talents that are already present in you. You can expect comments and feedback from your coach during the training process. He will provide you the much needed guidance and specific knowledge for the coach is obliged to produce a better result in your training. Here are some reasons why you will need a personal coach:

- You may ask for a coach if you need help on a specific presentation that is very important to you.
- If you want to concentrate on specific communication and speaking issues that are covered in general workshops and seminars.
- If you have encountered sessions and workshops that progress slowly and are too standard or maybe do not get your interest.
- When you are too busy to attend trainings because you cannot choose just one that can answer your needs.
- If you are not comfortable in the team setting or you may feel that your speaking skills are on a much higher level.
- If you have undergone public communication and speaking lessons before and you may need additional knowledge and enhancement.
- If you have found you work much better and develop faster with a personal approach.

Getting a personal coach does not mean you are a slow learner or have poor communication skills. There are many reasons why will you need to have a personal coach, as mentioned in the above list.

Coaching can be just like that, like any sport where a team needs a coach to perform well and be guided on the executions. For a child that wants to be trained in public speaking as early as in his early childhood, it could be better if the child is already trained on how to address and interact to other people by means of public speaking.

James Masterson is Stand out, Be Recognized and Be Remembered keynote speaker. [Click Here To read his latest advice](#)



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