



Fear of Public Speaking: Communication Apprehension

Nervousness is natural.

The best speakers always experience nervousness. If they do not then it tends to mean they do not care about the project

The key to nervousness is to transform into energy, awareness, and enthusiasm during the presentation

Steps to Take Control of Nervousness

- Be thoroughly prepared
- Think positively about yourself
- Use the power of visualization
- Know that nervousness is not visible to audience
- Don't expect perfection
- Realize that people want you to succeed

Specific Techniques to Deal with Nervousness

- Know the room.
- Be at your physical and mental best when speaking.
- Quietly tighten and relax hand or leg muscles while waiting to speak.
- Take a few slow deep breaths before starting to speak.
- Work especially hard on your introduction.
- Make eye contact with people in the audience.
- Concentrate on communicating with the audience rather than concentrating on your nervousness.
- Use visual aids to help occupy the attention of the audience.

Adapted from:

Morgan, Melanie (2003). Presentational speaking: Theory and practice. McGraw Hill.

Smith, R. E. (2001). Principles of human communication. 5th Ed. Dubuque, Iowa: Kendall/Hunt Publishing Company.