

MANAGING FEAR AND ANXIETY

Hands-on exercises to develop an upcoming presentation or improve a current one

1. Write down some things that worry you about speaking. Then, write down several things the audience may have concerns about. Focus on the audience concerns and minimize self-concerns.

2. Determine your best way to relax before a program. How much sleep do you need? What foods do you eat? Do you exercise? Find what works best for you.

3. Plan three ways to change the dynamics of your presentation. This could be questions, audience interaction opportunities, quizzes, etc.
