Speakers who say they are cool as a cucumber usually give speeches about as interesting as a cucumber.

~I.A.R. Wylie
Reasons for Nervousness

- Fear of being stared at
- Fear of failure or rejection
- Fear of the unknown
- A traumatic experience in the past
- Social anxiety
Value of Fear

- Recognizing the reason you are fearful is an important step in learning to manage nervousness
- Need a certain amount of fear to give a good speech
- Fear energizes
- Positive nervousness - useful energy
Guidelines for Managing Nervousness: Planning Stage

- Choose a topic you know well
- Prepare yourself thoroughly
- Never memorize a speech
- Visualize yourself giving an effective speech
  - Positive imagery- visualizations of successful actions
- Make arrangements (inspect the location)
Guidelines for Managing Nervousness: Planning Stage

- Know that shyness is no barrier
  - (Many introverts have succeeded in show business: Brad Pitt, Nicole Kidman, Jim Carrey, Blake Lively, Johnny Depp, Keira Knightley)

- Shift focus from self to audience

- Plan visual aids

- Devote extra practice to the introduction
  - After the first minute or two, nervousness eases and the rest is relatively easy
Guidelines for Managing Nervousness: Immediately Before the Speech

- Verify equipment and materials
- Get acclimated to the audience and setting
- Use physical actions to release tension
  - Take three deep breaths and hold them (To prevent hyperventilating, be sure to inhale and exhale slowly)
  - Do exercises that can be performed without drawing attention to yourself
    - (Tighten and relax leg muscles)
    - (Push arm or hand muscles against a hard object for a few moments and then release)
    - (Press the palms of your hands against each other)
Guidelines for Managing Nervousness: During the Speech

- Pause before you start
  - Dramatic (builds the audience’s interest and curiosity)
  - Look poised
  - Calms you
  - Look at notes (get first few sentences in your mind)

- Deal rationally with your body’s turmoil

- Think of communication, not performance

- Know that most symptoms are not seen
Guidelines for Managing Nervousness: During the Speech

- Never mention nervousness or apologize
- Don’t let your audience upset you
- Act poised
- Look directly at the audience
- Get audience action early in the speech (show of hands)
Guidelines for Managing Nervousness: During the Speech

- Eliminate excess energy
  - Let your hands make gestures
  - Walk around
- Accept imperfection
- Welcome experience