

Are You Nervous About Public Speaking?

**Yes
Why?**

**Lack of Confidence?
Then You Need**

- A.
Affirmations**
- B.
Positive self talk**

Lack Of Preperation?

**Then you need
to reread your
notes and
practice aloud**

Free floating anxiety?

**Practice deep
breathing and
reframe the way
you think of
nervous energy**

High Stakes?

**Then you
need to
distract
yourself
and use
humor**



**No?
Why?**

If it is Because of Confidence

**Great! have
fun!**

If it's because you don't care

**Then you
need to ask
yourself, Why
am I here?**

Why am I here?

Results

**Fearless
Public
Speaking**

