What is Public Speaking Anxiety?

Fear of public speaking (glossophobia) is one of the most commonly reported social fears; many fear it more than death.

In that case, one would rather be the person in the coffin than the one giving the eulogy!

Everyone, even the most successful speakers, have some anxiety when speaking in front of a group of people.

This is perfectly normal

The best way to deal with this anxiety is to acknowledge that it is normal and you are not alone.

To reduce your fear, you need to make sure you prepare yourself before you speak.

REMEMBER:

The key to managing your nervousness is through preparation & Practice, Practice, Practice!

Think & say: “I have a Speech to Give!”
As opposed to “I have to give a speech”

Speakers who fail to prepare are preparing to fail.

CONTACT US
For additional information, check out the Communication Center website: www.uccs.edu/commcenter

To speak with a trained CEC Peer Mentor or Graduate Associate, contact us at (719)255-4770 to schedule an appointment.

Managing Speech Anxiety
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Revised by Jesse Perez
Talk about topics that you are interested in, have a passion for, or have a good deal of knowledge about.

Try not to spend too much time before your presentation worrying.

Focus on POSITIVE, not negative, outcomes!

Arrive at the place where you are giving your speech early enough to get organized and prepared.

Practice in the classroom if possible!

If you are not speaking first, take as much time as needed (within reason) to gain the level of comfort you desire before speaking.

Hit the Ground Running!

Make sure you are extremely familiar with your introduction.

Practice in the Communication Center

1. Select a topic that is familiar to you and suitable for your audience and the time allotted for your presentation.
2. Decide on the specific purpose or goal of your presentation. — your thesis
3. Decide on what ideas you must communicate to your audience in order to achieve your specific purpose or goal. Typically, no more than 2 or 3.
4. Assemble all of the materials you already know that can be used to prove or illustrate each of your main points.
5. Gather further supporting materials not already on hand that support your main points — conduct research
6. Cast the assembled materials into an outline or some other loose note structure.
7. Rehearse out loud (preferably in front of others) from your notes until you are comfortable and confident with your presentation.