

Public Speaking Skills For The Mildly Terrified

Aly Harrold
Empowering Women through Coaching for Public Speaking

Today's Plan of Action!

- How to be that calm, collected, inspiring speaker
- How to improve your presence and connection with your audience
- Preparation - Calling on your secret support

Glossophobia

- Fear of dying
- Fear of flying
- Fear of public speaking

“There are always
three speeches,
for every one you
actually gave.
-The **one you**
practiced,
-the **one you gave,**
and
-the **one you wish**
you gave.”

-Dale Carnegie

My Story

Are you sitting comfortably.....







YOUR NERVES

Are a GOOD thing!

"Fear makes the
wolf bigger than
he is."

- *German Proverb*

Calming & Controlling Your Nerves

- Breathing
- Alternate Nostril Breathing
- Breath of Fire

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Presence and Connection

- Staying calm
- Focus on the physical body
- Be aware of your surroundings
- Be in the moment
- Making eye contact

Your Secret Support

???

Your Energetic Preparation

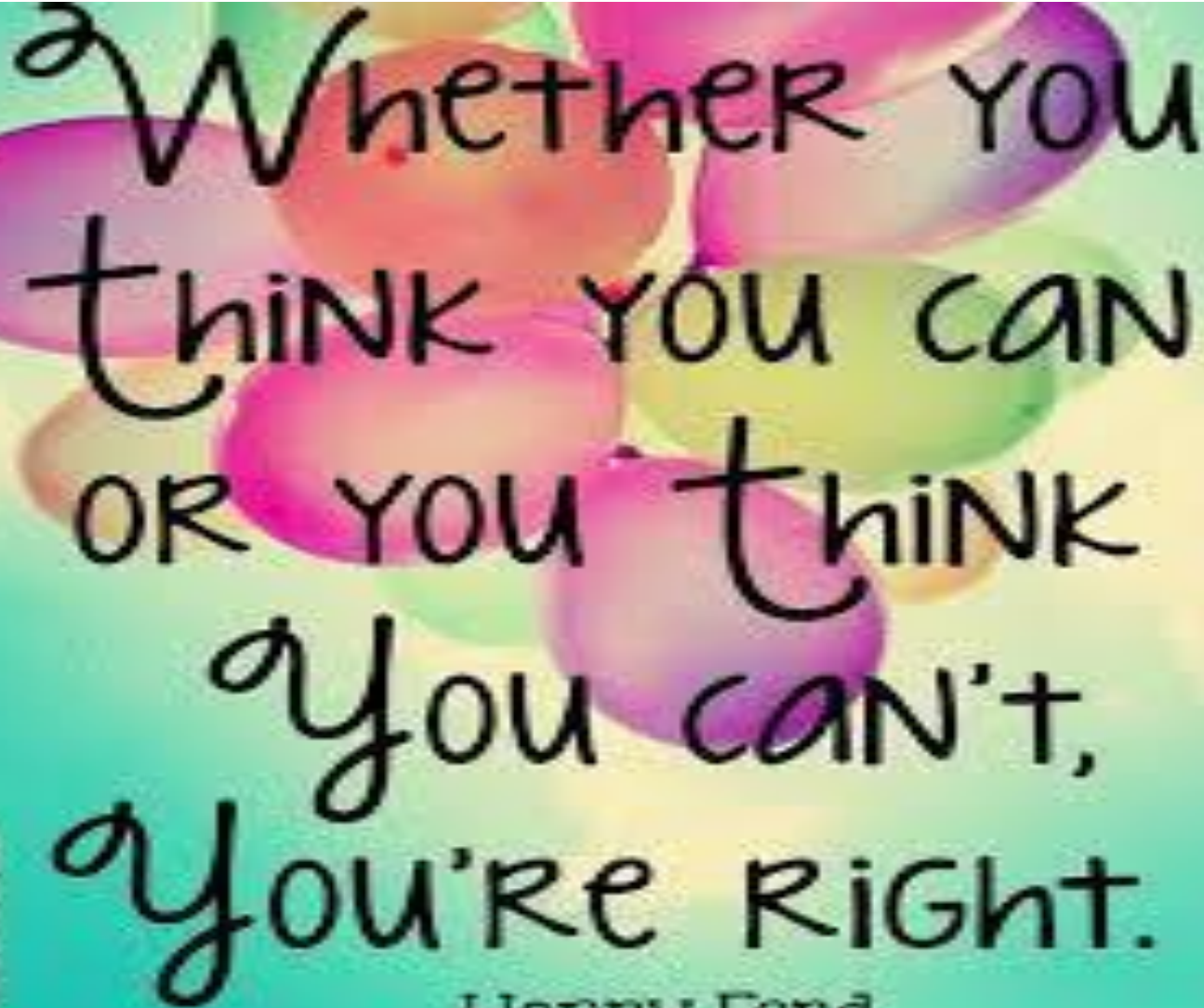
Body Language



Try A Power Pose
share the science

Your Energetic Preparation

Affirmations

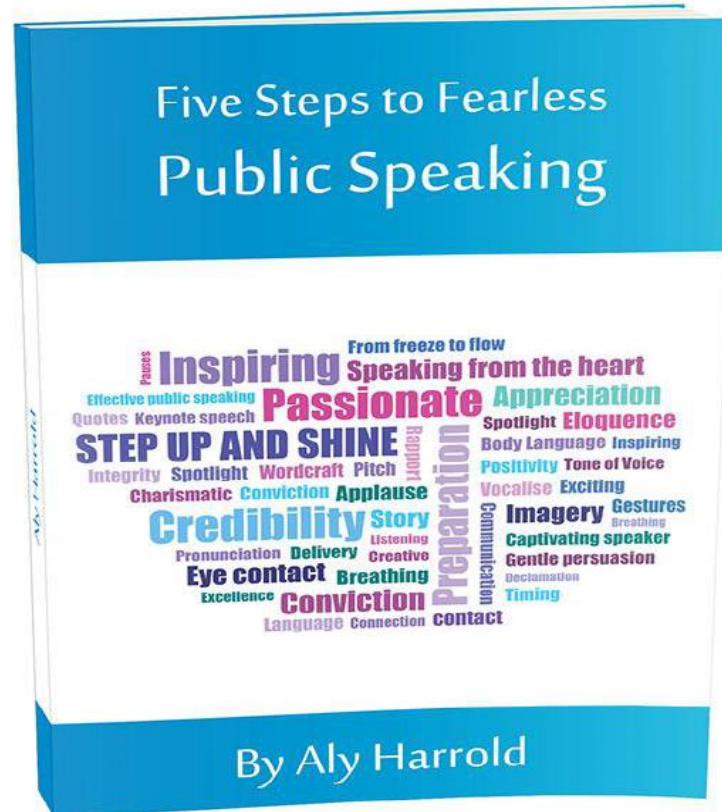


Whether you
think you can
or you think
you can't,
you're right.

-Henry Ford

Your Energetic Preparation

Visualisations



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To Encourage you:

- Remember that public speaking is an art, there is no substitute for practice and learning.
- **Accept every opportunity to speak.**
- Know your stuff!
- **Cure “perfection paralysis” before it becomes a chronic condition.**
- Know, that you have a valuable message and you need to be out there to share it.
- **It serves no one, least of all you, to play small.**
- You are amazing! Share your dazzling brightness with the world!!

Be an amazing communicator

Work with me



Workshops, Three Month Programme – ‘Step Up & Shine Creating Confident Speakers’, skype coaching.....talk to me let's see what we can do and what magic we can create!

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