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I Hate Public Speaking Video

I'm helpless in the face of it
though my logic do



Overcoming Your Fear of Public Speaking

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The fear of public speaking...

Glossophobia



Psychologists—What are people most fearful of?

Public Speaking

Commitment

Intimacy

Rejection

Flying

Death

Heights

The dark

Spiders

Failure



Psychologists Ranking

1. Flying
2. Public speaking
3. Heights
4. The dark
5. Intimacy

6. Death
7. Failure
8. Rejection
9. Spiders
10. Commitment



Out of Comfort Zone



Public Speaking = Fear



What is FEAR?

- Severe Symptoms?
 - Self-preservation
 - Amygdala—where's my speech?



Fear vs. Anxiety



Why is Public Speaking so Terrifying?

1. Evolution



Why is Public Speaking so Terrifying?

1. Evolution
2. Social Anxiety/Angry Faces



Why is Public Speaking so Terrifying?

1. Evolution
2. Social Anxiety/Angry Faces
3. Fear of the Unknown



Why is Public Speaking so Terrifying?

1. Evolution
2. Social Anxiety/Angry Faces
3. Fear of the Unknown
4. It's All About Me



Showing Fear

Research Study (Confident Speakers...)

1. Exhibit more passion
2. Offer more insight
3. Are more inclusive



What are YOU afraid of?

- What's at the core of your fear?
- What is this fear costing you?
- Why do you want to overcome this fear?



How to Overcome Your Fear of Public Speaking

Step 1—Identify the Real Fear



Most Common Fears of Public Speaking

1. I'm going to make a mistake.
2. I'm going to mess it all up.
3. I'm going to make a fool of myself.
4. I'm going to look like an idiot up there.
5. I'm going to get up there, rattle on, and not make any sense.
6. People aren't going to understand what I'm saying.
7. I'm not going to be able to communicate very well.
8. I'm going to totally freeze and go blank.
9. I will think I did a good job, but people will think I didn't know what I was talking about.
10. I'm going to have nothing to say. I'm just going to stare at the audience while they stare back at me and it's going to be so awkward that I'll want to sink into a hole in the ground.

One Primary FEAR...

The fear of being EMBARRASSED



The REAL fear underneath all
public speaking fear is...

The fear of DISAPPROVAL



How to Overcome Your Fear of Public Speaking

Step 1—Identify the REAL fear

- The FEAR of disapproval



Three Ways to Overcome Your Fear of Disapproval

1. Be your #1 fan

- Self-talk
- Why does self-talk matter?
- How does this apply to public speaking?



Three Ways to Overcome Your Fear of Disapproval

1. Be your #1 fan
2. Take stock of yourself



Three Ways to Overcome Your Fear of Disapproval

1. Be your #1 fan
2. Take stock of yourself
3. Say goodbye to the P-word
 - What is it?
 - The impossible life



How to Overcome Your Fear of Public Speaking

Step 1—Identify the Real Fear

Step 2—Change your stories



Our Most Common Stories

1. If my mind goes blank, then I will never recover and the whole presentation will be ruined.
2. If I stumble on my words, then people will think I am stupid, inarticulate, or foolish.
3. If I misspeak, then people will think I'm a fraud who doesn't know what he's talking about.
4. If people see that I'm nervous, then they will discount me and my message completely.
5. If I blush, sweat, or tremble, then everyone will think I'm pathetic and pity me.
6. If someone looks down while I'm talking, then it means they aren't interested and I'm boring.
7. If someone looks confused, then it means I'm being unclear and doing a terrible job.
8. If no one has any questions, then it means everyone was totally bored and I'm an awful speaker.



Change Your Stories

- If my mind goes blank, then it means I'm a little nervous.
- If my mind goes blank, it's no big deal; I can easily recover.
- If my mind goes blank, I need to take a deep breath and check my notes.



How to Overcome Your Fear of Public Speaking

Step 1—Identify the Real Fear

Step 2—Change your stories

Step 3 —Embrace your fear

- A choice
- Discomfort...Gradual Exposure



Tips and Tricks

- A. Dealing with physical responses
- B. Understanding your audience
- C. Non-verbal presentation tips
- D. Presentation tips
- E. Real-time presentation tips



Tips and Tricks

- A. Dealing with physical responses
 - 1. What happens to you—do the opposite
 - 2. If feeling excessive—share it
 - 3. What will you look like to others?



Tips and Tricks

B. Understanding your audience

1. Who are you presenting to?
2. What are their positive and negative buttons?
3. If possible, spend some time with them.



Tips and Tricks

C. Non-verbal presentation tips

1. Tips for standing at podium
2. Tips for presenting without podium
3. Tips for microphones



Tips and Tricks

D. Presentation tips

1. No substitution for well-organized presentation
2. Outline vs. word-for-word
3. Be prepared! Practice, practice, practice
4. How do you look? The MIRROR!!!



Tips and Tricks

E. Real-time presentation tips

1. “Looking” at the audience
2. Focus on those connecting with you (positive feedback)
3. The power of visualization—visualize being exceptional
4. Movement vs. stationary
5. Admitting to feelings
6. Storytelling, personal anecdotes
7. “Bookend”—compelling opening, great conclusion



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