



CD FORMAT SOLD OUT

MP3 Only

Public speaking confidence MP3: Key content.

- How to find the KEY confidence trigger that works for you.
- Ways to get rid of your presentation fears.
- The symptoms of public speaking phobia, stage fright and presentation anxiety.
- Steps to conquer your public speaking phobia.
- A practical demonstration on how to apply the techniques for dissolving public speaking anxiety so you know what to do and how they work.
- The stories from a group of women about the public speaking fears they have and how these affect them, so you know you are not alone.
- How to settle your butterflies, sweating or blushing.
- What to do if you go blank so it doesn't ruin your presentation.
- What you need to know about preparation.
- How to find and overcome the cause of your presentation fears - they don't have to last forever.
- How to see yourself being a successful confident speaker.
- Raw, honest and triumphant steps taken by real people to beat stage fright.
- How to pause and handle silence.
- How to make eye contact with an audience and feel good about it.
- How to be a good public speaker even if you are an introvert.
- How to feel comfortable with an audience.
- A key way to make your presentations interesting.
- How to be in partnership with the crowd and handle an audience.
- How to respond to and answer difficult questions.
- How real women in real situations can face a crowd without feeling frightened.