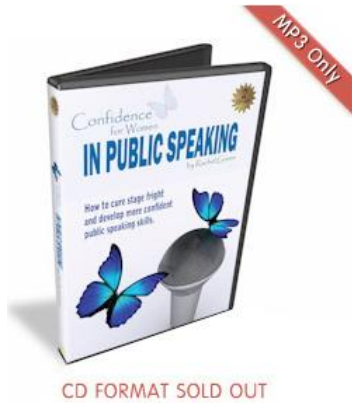


CD FORMAT SOLD OUT

Public speaking confidence: Track titles

Folder 1: How to cure stage fright and overcome your public speaking fear.

- Track 1:** The symptoms of stage fright, panic & anxiety - which do you have? (7.22 mins)
- Track 2:** How a word-by-word script can increase your sweating even more. (2.25 mins)
- Track 3:** Just another speaker: Why things may not be as bad as they feel. (4.35 mins)
- Track 4:** No more stage fright: How to overcome performance and presentation anxiety. (5.37 mins)
- Track 5:** Ease without freeze: What to do if you freeze or go blank when speaking. (4.15 mins)
- Track 6:** Spaced out: How to pause confidently and not rush through your speech. (3.20 mins)
- Track 7:** Breathing out for public speaking: The technique no one else has mentioned. (10.36 mins)
- Track 8:** A treasure chest: How the Feldenkrais Method can reduce your body tension. (5.15 mins)
- Track 9:** A blush is just a blush: How to overcome embarrassment and blushing. (2.48 mins)
- Track 10:** The green preen: How to take the heat off yourself and put it on the audience. (2.53 mins)
- Track 11:** Use it and lose it: How to easily manage adrenalin in public speaking. (5.04 mins)
- Track 12:** The spotlight is on you: Understanding your fear of being looked at. (4.10 mins)
- Track 13:** Afraid of what? How to find and fix the cause of your presentation fear. (5.12 mins)
- Track 14:** Audience size doesn't matter: Overcoming public speaking shyness and stress. (8.16 mins)
- Track 15:** The past has gone: Now you can unlock the door to your confidence. (5.27 mins)



Folder 2: How to develop more confident public speaking and presentation skills.

- Track 1:** Your wrist-watch challenge: How to take on a confident identity. (4.38 mins)
- Track 2:** Dragonflies on the microphone: Taking snapshots to boost confidence. (7.12 mins)
- Track 3:** Romantic music memories: Triggers of confidence for public speaking. (7.33 mins)
- Track 4:** One flop does not make a failure: Growing confidence from experience. (5.29 mins)
- Track 5:** No audience attack: Going beyond self-limiting beliefs. (2.18 mins)
- Track 6:** Conferences, crowds and compassion: How to relax your belly butterflies. (8.36 mins)
- Track 7:** Making love: Building your speaking skills by visualisation and imagination. (3.55 mins)
- Track 8:** Intimate connections: How to have confident eye contact in public speaking. (4.08 mins)
- Track 9:** Meditation magic: How to create confidence and calm before speaking. (4.58 mins)
- Track 10:** You can deliver: Stepping into the role with presentation skills confidence. (3.54 mins)
- Track 11:** Voices in space: How to prepare and practise your speech notes or script. (7.07 mins)
- Track 12:** Winning people over: How to give impressive answers to difficult questions. (5.09 mins)
- Track 13:** Superb speeches: Key ways to give interesting presentations. (5.04 mins)
- Track 14:** Fine-tuning your self-talk: No pythons needed, just choose confidence. (2.30 mins)
- Track 15:** A star is made: How being in the moment produces a perfect performance. (2.59 mins)