

Speaking for Scaredy-cats

In some surveys, fear of public speaking ranks close to fear of death! This interactive/participatory seminar offers a variety of practical suggestions for speakers who fear public speaking.

Learning Outcomes:

- Identify causes and effects of fear.
- Learn how fear may enhance public speaking.
- Use physical and psychological techniques to help control fear.
- Generate speaking aids to reduce fear and enhance confidence.
- Employ organization and delivery practice techniques (including eye contact) to reduce fear and enhance the presentation.
- Understand how audience analysis can be used to increase presentational confidence.

Who Should Attend

Speakers desiring to learn practical methods for dealing effectively with fear of public speaking. If possible, participants should bring a set of previously used speaking notes or speaking notes for an upcoming presentation. Participants should dress appropriately as if they were to deliver a public presentation; participants' attire should represent their stage performance.

Length: 4 hours. Can be longer if desired. More time allows for more participants.

Format: Your location, on campus, workshop.

Class Size: Due to the interactive and participatory nature of this course, class size is limited to 12 students. A longer class time allows for a greater number of participants.

Class Material: Participant Workbook will be provided.

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