

演讲

# Get Over It: Overcoming Your Fear of Public Speaking

现场课程

If you find the prospect of public speaking horrifying, you're not alone! In this course, you'll dive into the factors of your fear, assess the source of those fears, and most importantly, overcome those fears so that you not only stop dreading, but begin looking forward to presenting with confidence and polish.

## 学习内容

Discover what's behind your fear of public speaking and explore techniques that calm the nerves and control the butterflies. Learn to think on your feet and leverage your unique style to present with conviction and composure. Explore ways to make those win over your fears, and your audience!

## 学习原因

This course concentrates on that all-important first step: confidence to stand in front of a group and speak. You'll learn to see a presentation as nothing more than an expanded conversation; to use a few simple tricks to assuage your fears; and, most importantly, get through the first two minutes of your talk. Once those two minutes are behind you, you can do anything!

## 学习效果

This is an exercise in letting your "can-do" attitude shine through. You will conquer your fear of public speaking and no longer feel the need to avoid presentations at all costs. Eleanor Roosevelt said it best: "You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I have lived through this horror. I can take the next thing that comes along.'"