



## Getting Excited About Public Speaking

One of the biggest fears many people have is speaking in front of groups. The main lesson to be learned has to do with gaining the self-confidence to do what comes naturally and being able to feel comfortable when speaking to a wide audience. It is something you can overcome - here are some tactics to gain the confidence needed to overcome the fear of speaking to any group:

### **1. Get excited about the topic.**

Is it a new procedure at work? Is it your devotion to improvement in your area? No matter how mundane you may feel the topic is, you CAN get excited about it. And your enthusiasm will show in your presentation - you've done your research, and you are ready to present it. Your colleagues will pick up on it and give you their full attention.

### **2. You have earned the right to speak on this subject.**

It's a good bet that you wouldn't have been asked to talk about the subject if somebody didn't think you were capable. Keep that in mind while you are organizing your presentation and while you are actually delivering it. You ARE capable- and what a great way to prove it!

### **3. Be eager to project the value to your listener.**

Decide what the one thing is you'd like to say about this subject and how it could change their view of a situation. Speak passionately. Emphasize key ideas by stressing certain words or sentences. Your audience will know that you believe in what you are saying.

It is also very important that you learn to become comfortable, present in front of others. Practice your presentations to some of your colleagues or practice with a coach. The training will enable you to feel more comfortable speaking in front of others. Your excitement and eagerness to deliver your presentation will overcome any lapses, and your audience will know that you were the right person for that job.

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