

How to Control Speaking Nerves

What is Your Biggest Fear?

- Death
- The Dentist
- Speaking to an Audience



What is Fear?

False
Expectations
Appearing
Real

Short Term Aids

- Preparation
- Enthusiasm

Long Term Solution

- Practice Frequently

Feel the Fear and **Do It Anyway**

- It's OK to be nervous
- Never Apologise
- The world rewards ACTION
- A good speech is a short speech
- Most of all have FUN!