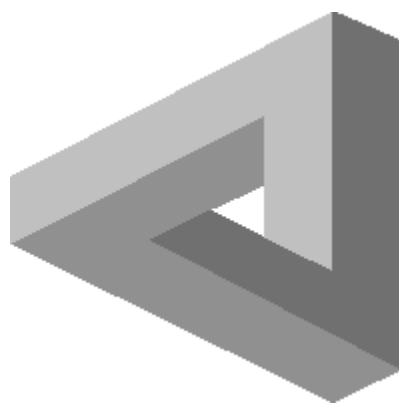
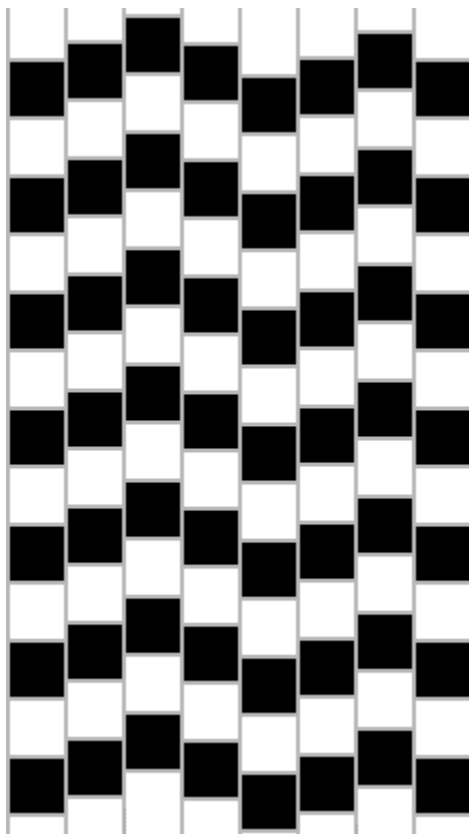


Perception



Building Confidence



Understanding Stage Fright

- What is Fear?
- Who Gets Frightened in Front of an Audience?
- What Are the Symptoms?



Establishing an Accurate Perception

- Perception
- Your Perception of the Audience
- Your Perception of the Speech
- Your Perception of Yourself



What Have you Learned about Perception?

- If you believe:
 - Your audience is aware of everything that you do wrong in your speech,
 - Your speech is a performance rather than a sharing, or that
 - You have little to offer as either a person or a speaker...

Then you are being victimized by the "shadows" of stage fright and fear.



What Have you Learned about Perception?

- The truth is that
 - Your audience doesn't see everything that you do wrong
 - Your speech is a worthwhile sharing of good ideas and information, and that
 - You have a lot to offer



Examining the Planks of Confidence

- Content
- Organization
- Notes
- Friendliness
- Impression
- Dedication
- Empathy
- Newness
- Conviction
- Enthusiasm

