

Change The Way You Think About Public Speaking

You're here to change the way you think about public speaking and we suggested you could do that in 5 minutes, so let's jump right in and not waste any time!

Grab a piece of paper and a pen or open a blank page on your screen and let's go!

Write down all the times you can remember talking out loud in-person, on the phone or online.

Are you doing it?

If you aren't it is probably because you're realizing the incalculable amount of times that would be.

If you are, then you're quickly going to realize the incalculable amount of times that would be.

So, for the purpose of this exercise, write down the last ten times you spoke out loud.

Maybe you made a phone call to order dinner, or talked to the person who stood next to you at the bus stop or sits next to you at work. There are people everywhere, when did you open your mouth and talk to them.

Those are the moments you were speaking in public.

You were public speaking.

You are a public speaker.

You. Speak.In.Public.

And there in lies the moment where public speaking no longer carries the weight it once did.



In most cases these moments you recalled likely felt pretty comfortable. At the very least you didn't feel so struck with fear or anxiety that you didn't continue on with talking.

Which means.....

Whatever you thought public speaking was before, no matter what feelings, emotions or reactions you had to the idea or experience of public speaking, your brain now knows that it wasn't public speaking you had these feelings towards it was specific situations and the weight of the thoughts and feelings you have about those situations.

Public speaking isn't the challenge or barrier, you already do that just fine! It's your thoughts, feelings and beliefs that hold you back from showing up fully to certain situation where speaking publicly takes place.

We promised to change the way you think about public speaking and hopefully you have.

You are a public speaker!

Watch yourself today, tomorrow and every day, speak publicly to people all day long and take note mentally that what you are doing is public speaking. The more you practice that exercise the more you'll disassociate the term 'public speaking' with something daunting and uncomfortable.

Happy Speaking!

***Oh! You want to know how to get over those situations you're still left feeling uncomfortable in?

Great news! We offer a two day Speaker Comfort and Confidence training that will do just that!

Reach out (SpeakerComfortAndConfidence@gmail.com) and let us know you'd like some more information and we'll have one of our trainers get right back to you!

