

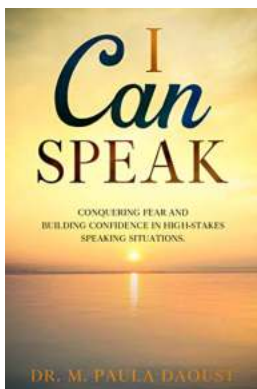
# Conquering Fear And Building Confidence In High Stakes Speaking Situations

Are you someone who breaks into a cold sweat at the thought of public speaking? Do you feel your heart racing, your palms getting clammy, and your mind going blank when faced with high stakes speaking situations? If so, you are not alone. Fear of public speaking is one of the most common fears people face. However, with the right strategies and mindset, it is possible to conquer this fear and build confidence in high stakes speaking situations.

High stakes speaking situations can include anything from giving a presentation in front of your peers or superiors at work, to speaking at a conference in front of a large audience. The pressure to perform well, the fear of judgment, and the fear of embarrassing yourself can all contribute to the anxiety and fear associated with these situations.

## The Psychology of Fear

In order to effectively conquer fear, it is important to understand the psychology behind it. Fear is a natural and instinctive response to perceived threats. It activates the "fight or flight" response in our bodies, which is a survival mechanism that prepares us to either face the threat or run away from it.



## I Can Speak: Conquering Fear and Building Confidence in High-Stakes Speaking Situations

by Camille Corbeil (Kindle Edition)

★★★★☆ 4.8 out of 5

Language : English

File size : 3101 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 87 pages  
Lending : Enabled



When it comes to public speaking, our brains perceive it as a threat to our social status or reputation. This triggers the fear response and all the physical symptoms associated with it. The more we avoid or escape these situations, the stronger the fear becomes, creating a vicious cycle that reinforces our anxiety.

## **Changing Your Mindset**

One of the most important steps in conquering fear and building confidence in high stakes speaking situations is to change your mindset. Instead of viewing public speaking as a threat, try to reframe it as an opportunity for growth and self-improvement. Remind yourself that everyone gets nervous at times and that making mistakes is a natural part of the learning process.

Another helpful mindset shift is to focus on the audience and how you can provide value to them. Shift your attention away from yourself and towards the message you want to deliver and the impact you want to make. This can help alleviate some of the self-consciousness and anxiety.

## **Preparation and Practice**

Another key to conquering fear and building confidence is preparation and practice. The more prepared you are, the more confident you will feel. Take the time to research and gather information about your topic, organize your thoughts, and create a clear and concise presentation. Practice your speech or

presentation multiple times, preferably in front of a mirror or with a trusted friend or colleague.

During your practice sessions, pay attention to your body language, vocal tone, and pacing. Use positive self-talk and visualization techniques to imagine yourself delivering a successful speech with confidence and poise.

## **Utilizing Effective Techniques**

There are several effective techniques that can help alleviate anxiety and build confidence in high stakes speaking situations. One such technique is deep breathing. Taking slow, deep breaths can help calm your nerves and regulate your heart rate.

Another technique is to utilize positive affirmations. Repeat positive statements to yourself, such as "I am a confident and capable speaker" or "I have valuable insights to share." These affirmations can help counteract negative self-talk and boost your confidence.

Visualizing success is another powerful technique. Close your eyes and imagine yourself delivering a successful presentation, receiving applause and positive feedback. By visualizing success, you are programming your mind to believe in your abilities and feel more confident.

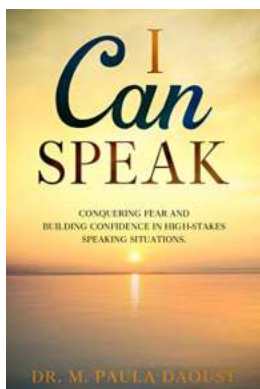
## **Seeking Support and Feedback**

Finally, don't be afraid to seek support and feedback from others. Join a public speaking group or take a public speaking course to practice your skills in a supportive environment. This will not only help you gain valuable experience, but also expose you to constructive criticism and feedback that can help you improve.

Additionally, consider reaching out to a mentor or trusted colleague for guidance and support. They can provide valuable insight and advice based on their own experiences with public speaking.

## In

Conquering fear and building confidence in high stakes speaking situations is a journey that requires patience, practice, and a positive mindset. By understanding the psychology of fear, changing your mindset, preparing and practicing, utilizing effective techniques, and seeking support and feedback, you can overcome your fear of public speaking and become a confident and compelling speaker.



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Do you dread making presentations, going on job interviews or networking at business events? Does your heart beat faster just thinking about these situations? You are wired to feel stressed when you face situations in which you perceive that you are being judged. The result is that you might be getting in your

own way and avoiding the very situations that could make a difference in your career, your financial success and your quality of life.

It doesn't have to be this way. You can take control of your fear response and build the confidence you need to perform at your best in these situations.

I Can Speak will provide you with the answers you are looking for.

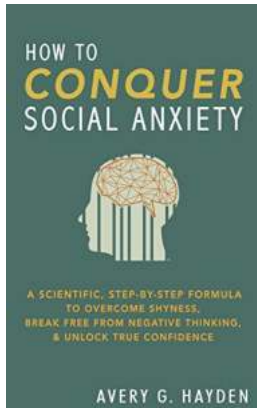
As a behavioral psychologist and hypnotherapist, I have helped hundreds of aspiring leaders take control of high-stakes speaking situations and perform at their peak, and you can too. If you want a better job, meet new friends and extend your business network, or persuade others to consider your smart, innovative and imaginative ideas, feeling calm and thinking clearly in high-stakes speaking situations is essential.

You don't have to settle for less than you deserve. This book can help you break through to the calm, confident person you can be. You can have the future you dream of by learning how to make the stress response work for you instead of holding you back. You don't need to accept unnecessary barriers to becoming the you that you want to be. Use the Action Checklist in the book to choose the strategies that feel right for you, so you can show up at your next high-stakes speaking situation at peak performance - guaranteed!

Most people struggle with high-stakes speaking situations their entire lives and the result is, they must settle for less than they could have. That doesn't have to be you. Easy strategies that make a significant difference are available but most people don't know what they are. You can have what most people only wish they could have. You can differentiate yourself by learning how to speak with confidence, no matter the situation. I Can Speak is the answer. You want the many strategies and resources in this book now. You never know when a high-

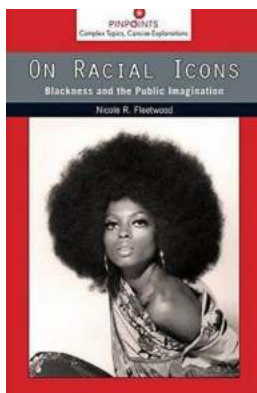
stakes situation opportunity will present itself so don't wait until it's too late. You can take advantage of these situations by preparing now. Don't let opportunities slip away from you!

You can have the future you want and deserve. You can perform at your best when you need it the most and I Can Speak will help you do it!



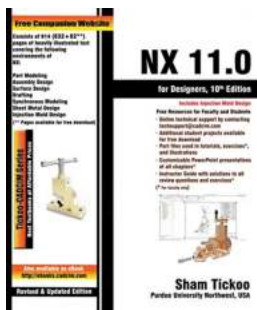
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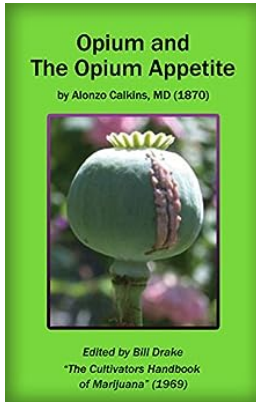
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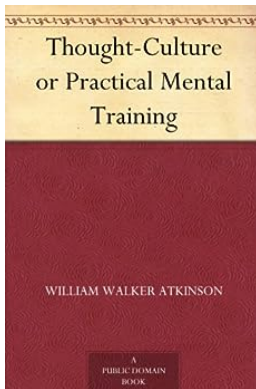
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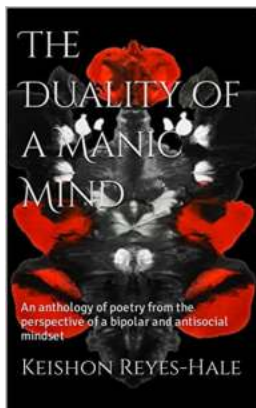
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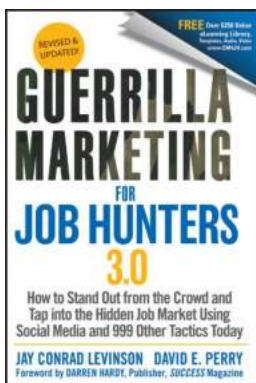
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