

# Confidence in 'Public' Speaking

## Action4Youth

### NCS Programme July & August 2019

# SPEAKING IN THE SPOTLIGHT



**SPEAKING IN FRONT OF (OR TO) PEOPLE  
WHO HAVE THE POTENTIAL TO**

**NEGATIVELY JUDGE YOU**

**e.g:**

**NCS DRAGON'S DEN PITCH**

**PRESENTATIONS AT SCHOOL:**

**(e.g ASSEMBLY OR CLASSROOM)**

**PRESENTATIONS AT INTERVIEW (UNI OR WORK)**

**PRESENTATIONS GENERALLY**

**SOME ARE LEARNED FROM OUR FAMILIES AS WE ARE GROWING UP**

**SOME ARE LEARNED AT SCHOOL**

**SOME ARE LEARNED IN PEER GROUPS**

**SOME ARE LEARNED THROUGH THE INFLUENCE OF SOCIAL MEDIA**

**SOME ARE LEARNED THROUGH STEREOTYPES (SO-CALLED 'NORMS')**

**BELIEFS PERPETUATING LOW CONFIDENCE:**

**BELIEVING YOU MUST BE PERFECT (IN EVERY WAY?)**

**BELIEVING YOU CAN'T MAKE MISTAKES/CAN'T FAIL**

**BELIEVING YOU ARE NOT LIKEABLE**

**BELIEVING YOU ARE STUPID OR THICK**

**BELIEVING THAT OTHERS ARE 'BETTER' THAN YOU –  
OR THAT YOU ARE NOT GOOD ENOUGH/THE SAME**

**'I NEED TO BE PERFECT'**

**NO YOU DON'T? NO-ONE IS PERFECT.**

**ALWAYS FEARING IMPERFECTION MEANS NOTHING WILL EVER SEEM GOOD ENOUGH**

**'I CANNOT FAIL, OR MAKE A MISTAKE'**

**YES YOU CAN? MISTAKES ARE LEARNING EXPERIENCES.**

**YOU ARE A SUCCESS BECAUSE YOU TRIED?**

**AND YOU CAN TRY AGAIN?**

**'I AM STUPID/THICK'**

**REALLY???** **HAVE A THINK?**

**THERE ARE QUALITIES YOU HAVE? THERE ARE THINGS YOU ARE GOOD AT?**

**WE ALL HAVE STRENGTHS AND  
WEAKNESSES**

**WE ALL HAVE FLAWS**

**WE ARE ALL IMPERFECT**

**WE ARE ALL UNIQUE**

# LACK OF CONFIDENCE IS DRIVEN BY FEAR



**FEAR ERODES CONFIDENCE**



**BASELINE FEARS (ANXIETIES) ARE:**

**THAT WE'RE NOT LOVEABLE OR  
LIKEABLE**

**THAT WE ARE NOT ACCEPTABLE**

**THAT WE WILL BE REJECTED**

# REMEMBER

## THESE BASELINE ANXIETIES DRIVE:

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**BELIEVING YOU ARE NOT LIKEABLE**

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**TRYING TO PRETEND WE DON'T FEEL THESE  
FEARS/ANXIETIES IS NOT BEING HUMAN .....**

**WE THINK WE'RE BEING WEAK**

**WE THINK WE'RE ALONE IN FEAR**

**OR NOT BEING 'COOL'**

**OR WE'RE A FREAK**



**BUT FEAR IS:**

**NATURAL**

**AND ABOUT SURVIVAL (FIGHT or FLIGHT)**

**BUT IT IS ALSO:**

**SOMETHING THAT MANIFESTS AS ANXIETY**

**ANXIETY UNHELPFUL IF IT IS CONTINUOUS/NOT  
ADDRESSED**

**MANAGING FEARFUL OR  
ANXIOUS THOUGHTS  
USING  
'WHAT IF'S'  
AND  
'SO WHAT'S'**

**IDENTIFY THE (OR YOUR WORST)**

**'WHAT IF' .....**

**THEN.....**

**WHAT ARE YOUR 'SO WHAT' THOUGHTS  
OR ACTIONS THAT WILL HELP 'EASE'  
YOUR ANXIETY?**

**(WHAT WOULD YOU SAY TO A FRIEND?)**

**WHAT IF**  
**THEY DON'T LIKE ME?**

**WHAT IF**  
**I'M NOT GOOD ENOUGH?**



**GETTING STUCK IN WHAT IF  
PERPETUATES FEAR**

**GOING FROM WHAT IF TO SO  
WHAT DILUTES FEAR**

# THE FEAR (or PANIC) CYCLE:

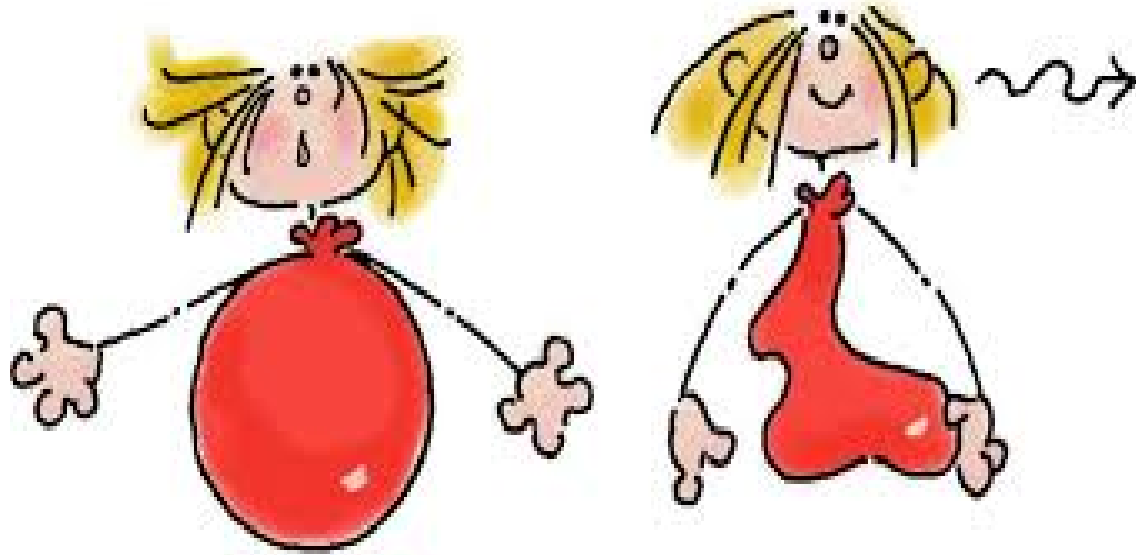


**MIS-MANAGING ADRENALINE**  
**MAKES YOUR**  
**'WHAT IF'S' BEFORE**  
**'PUBLIC' SPEAKING.....**



**WORSE!!**

# MANAGING ADRENALINE = DEEP BREATHING: BLOWING THE ADRENALINE **OUT**



1. DEEP BREATH IN THROUGH YOUR NOSE....
2. HOLD FOR **COUNT OF 3**....
3. AND THEN BLOW OUT **SLOWLY** FOR THE **COUNT OF 5**

# WHAT CAN YOU DO TO **PREPARE** FOR BEING IN THE SPOTLIGHT

**NOTE:**

**MINDSETS DRIVING LOW CONFIDENCE?**

**BELIEF IN SELF?**

**WORST CASES?**

**PRACTICAL PREPARATION?**

**MANAGING ADRENALINE?**

**BELIEVE IN YOURSELF.....**

**BE YOUR OWN MOTIVATIONAL COACH e.g.  
AFFIRMATIONS OR SIMPLY, 'I CAN DO THIS'**

**WRITE DOWN WHAT YOU LIKE ABOUT  
YOURSELF & YOUR ACHIEVEMENTS, SKILLS**

**MANAGE ADRENALINE: FEAR/PANIC CYCLE -**

**BLOW THE ADRENALINE OUT PLUS**

**DEEP BREATHING ..... SAY 'CALM' AS YOU**

**BREATH OUT**

**PREPARE YOUR WHAT IF'S/SO WHAT'S -  
FEAR ERODES CONFIDENCE**

**RESEARCH YOUR 'AUDIENCE'**

**OPEN BODY LANGUAGE = YOU WILL FEEL  
MORE CONFIDENT**

**GOOD EYE CONTACT CLEAR VOICE SMILE**

**THE FEAR WILL REDUCE ...  
ONCE YOU START TALKING**

**FEAR IS FUEL.....**

**= SOME NERVES ARE GOOD**



**REMEMBER...**

**THEY ARE HUMAN BEINGS ....**

**JUST LIKE YOU!**