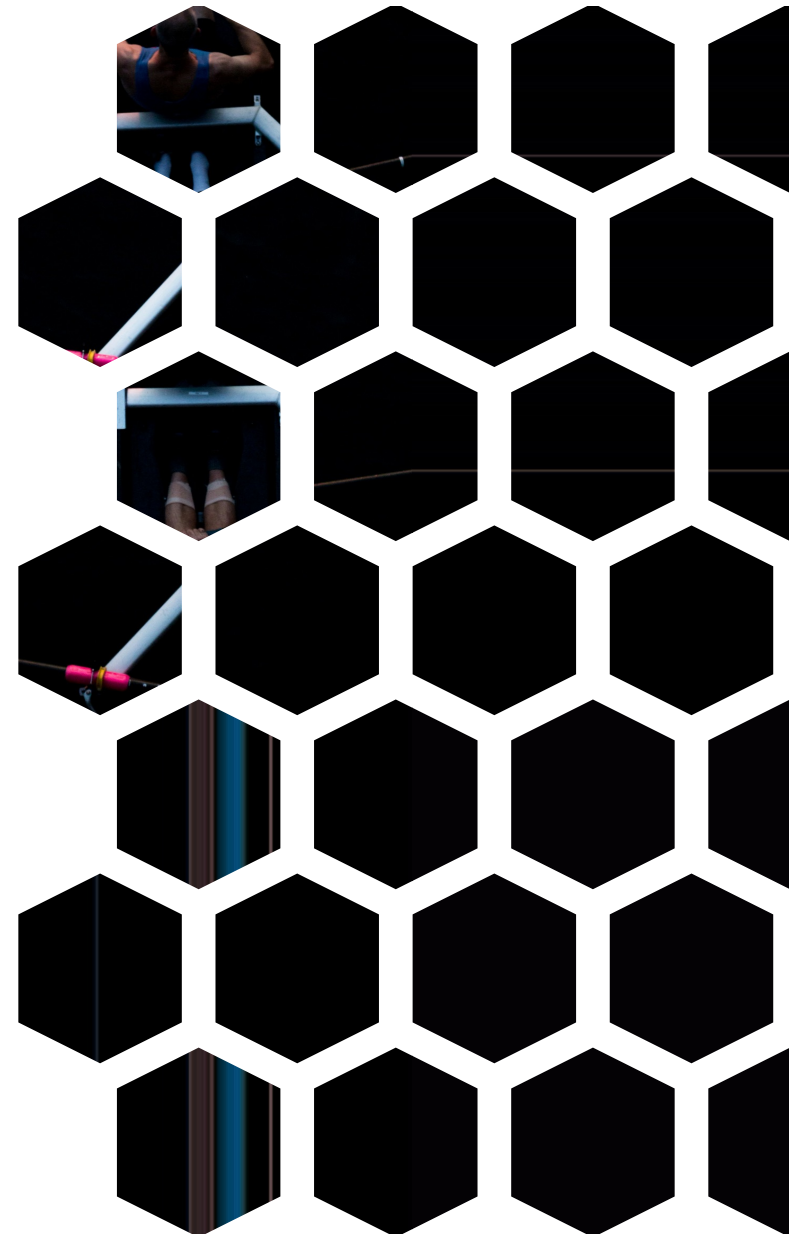


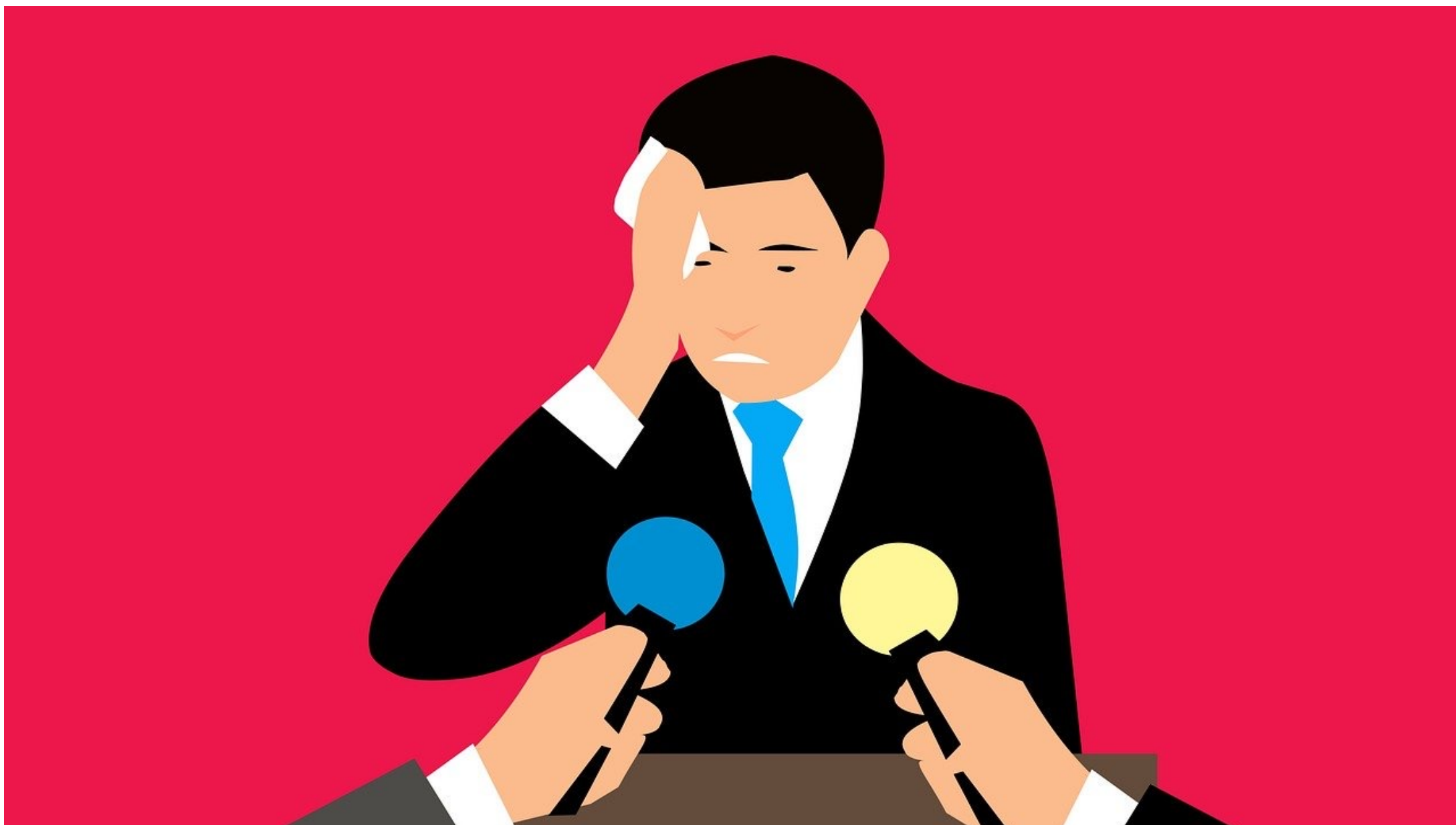
Feel the Fear – and Speak in Public Anyway

TEDx Paradeplatz

Ruth Roschatt

TED^x Paradeplatz





Why do we fear public speaking?





Human Biology & Psychology

**Fear of public speaking
doesn't mean you're not
meant to speak.**

Its just your body and brain trying to protect you.



What can we
do?

Before we Speak

Tool #1 Box Breathing

- Inhale for 4 counts
- Hold for 4 counts
- Exhale for 4 counts
- Hold for 4 counts

One minute before a talk – shift from panic to presence.

Before we Speak

Tool #2 Reframe the fear

I'm nervous  I'm excited

During we Speak

Tool #3 The Power of the Pause

Pause after a question.

Pause before a big idea.

Pause if you lose your place.

BONUS – you appear super confident! And have time to take a breathe.

During we Speak

Tool #4 Focus on the gift

It's not about performing.
It's about offering something of value.

After we Speak

Tool #5 Reflection

Ask yourself

- What went well?
- What can I improve next time?

Growth comes from reflection, not perfection.

Practice, Practice, Practice

Tool #6 Practice

- In front of a mirror
- In front of friends or colleagues
- Standing and walking as you would on stage
- Record yourself and watch back to spot areas to improve
- Join a public speaking club



You don't have to be
great to start, but you
do have to start to be
great.

Zig Ziglar

Recap

- **Fear is normal** – your brain and body is trying to protect you.
- **You can take control** – with small practices like breathing, reframing, pausing, mindset techniques and practicing.
- **You don't have to be fearless** – you just need to speak anyway.

Challenge

- Speak up in a zoom meeting, when you normally wouldn't
- Share your opinion in a group
- Record yourself for 30 seconds
- Join a Toastmasters meeting
- Volunteer to hold a presentation at work
- Be a guest on a podcast
- Join a TEDx Organising committee and get involved





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PROGEN PROGEN

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Thank you!

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