

# Tips to Overcome Fear of Public Speaking

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Do your knees feel like Gumby's when you have to get up and speak in front of a group? Do you feel like the next words out of your mouth are going to be the dumbest words ever uttered by a human?

Over 41% of people have some fear or anxiety dealing with speaking in front of groups. People who have this fear can experience all kinds of symptoms: Sweaty palms, accelerated heart rate, memory loss and even difficulty in breathing.

Everyone, even experienced speakers, has some anxiety when speaking in front of a group of people. This is perfectly normal. The best way to deal with this anxiety is to first acknowledge that this fear is perfectly normal and you are not alone. To reduce your fear, you need to make sure you properly and thoroughly prepare yourself before you speak. Proper preparation and rehearsal can help to reduce this fear by about 75%. Proper breathing techniques can further reduce this fear by another 15%. Your mental state accounts for the remaining 10%.

Few suggestions you should use to overcome your speaking anxiety. The first and most important of all is preparation. I like to think of it as the 9 P's: Prior Proper Preparation Prevents Poor Performance of the Person Putting on the Presentation.