

Module Four

Overcome Glossophobia And Speak And Influence With Confidence

Completely get over the fear
of public speaking

y² education

Introduction

In the last 3 modules, we all focused on how to be confident from within. In this module, we will focus on how to confidently make an impact in front of a group of people. And for most people, the fear of public speaking is more severe than the fear of death. So in this module, we will focus on digging out all the deep rooted fear of expressing yourself in front of a crowd; so that you can shine your light and be sky rocking confident to make an impact.

4.1 Glossophobia

4.1.1 Write down all your fears

Many people have stage fright, but in order to learn how to cope with it, you need to find out EXACTLY what you are afraid of. Some are afraid that they will embarrass themselves, whereas some think they will be rejected by the audience. All this leads to sweating, forgetting your lines and being unable to speak fluently.

In order to take the first step to becoming a more confident public speaker, you need to face your fears. Find out what you are scared of, and analyse your fear.

Example:

I am afraid of forgetting my lines...

4.2 Fear of making mistakes during my speech

4.2.1 Write down the previous five moments that a person made mistakes during his/her speech; what were the positive consequences resulting from doing it?

4.2.2 Write down the previous five moments that you made mistakes during your speech; what were the positive results from those five moments for you, the observers and the listeners?

4.2.3 Take notice next time you make mistakes during your speech and observe the consequences from doing it.

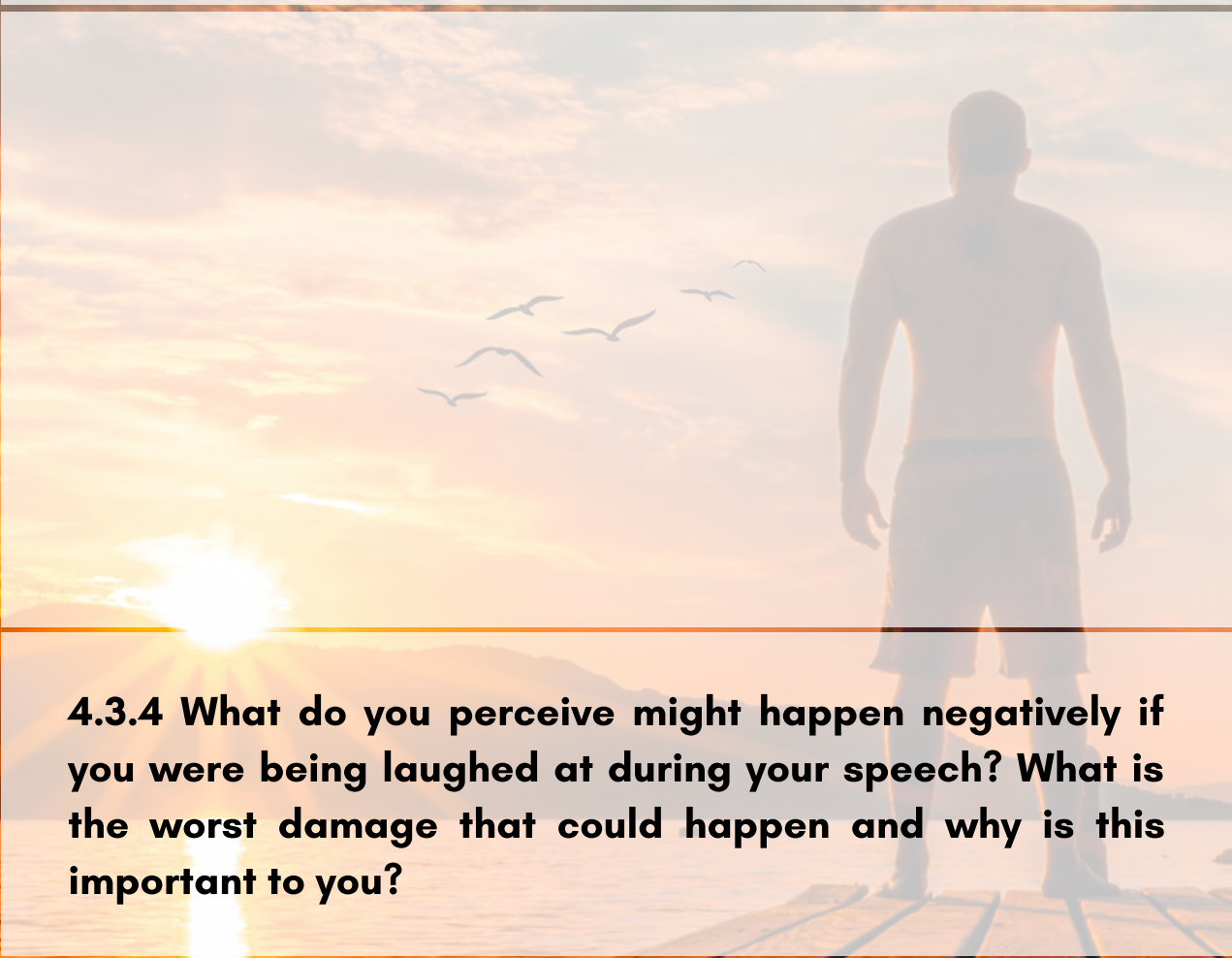
4.2.4 What do you perceive might happen negatively if you make mistakes during your speech? What is the worst damage that could happen and why is this important to you?

4.3 Fear of being laughed at during my speech

4.3.1 Write down the previous five moments you remembered of the person who was being laughed at BY YOU during his/her speech; what were the positive consequences resulting from that experience?

4.3.2 Write down the previous five moments that you were being laughed at during your speech; what were the positive results from those five moments for you, the observers and the listeners?

4.3.3 Take notice next time you are being laughed at during your speech and observe the consequences from doing it.



4.3.4 What do you perceive might happen negatively if you were being laughed at during your speech? What is the worst damage that could happen and why is this important to you?

4.4 Fear of being judged during my speech

4.4.1 Write down the previous five moments of the person who was being judged during his/her speech; what were the positive consequences resulting from doing it?

4.4.2 Write down the previous five moments that you were being judged during your speech; what were the positive results from those five moments for you, the observers and the listeners?

4.4.3 Take notice next time you are being judged during your speech and observe the consequences from doing it.

4.4.4 What do you perceive might happen negatively if you were being judged during your speech? What is the worst damage that could happen and why is this important to you?

4.5 Fear of forgetting my lines

4.5.1 Write down the previous five moments that the person who forgot their lines during his/her speech; what were the positive consequences resulting from doing it? Or you actually never notice it as the speakers would never tell you that he/she forgot the lines.

4.5.2 Write down the previous five moments that you forgot your lines during your speech; what were the positive results from those five moments for you, the observers and the listeners?

4.5.3 Take notice next time you forget your lines during your speech and observe the consequences from doing it.

4.5.4 What do you perceive might happen negatively if you forgot your lines during your speech? What is the worst damage that could happen and why is this important to you?

4.6 Your audience also experiences fear

4.6.1 Write down if you are an audience in the crowd, what could possibly be your top three fears and why? And how these top three fears actually help the speaker to speak more freely?

4.7 I love your method

4.8 Focus on giving

4.8.1 Write the 3 moments separately that you perceived you were confident/arrogant

Confident 1:

Confident 2:

Confident 3:

Arrogant 1:

Arrogant 2:

Arrogant 3:

4.8.2 Write down the top three differences between confident vs arrogance