



## Practise: how to overcome fear

### How overcome fear

Here you'll find a **list of the reasons why you sometimes dread giving a talk in front of an audience and the solutions to overcome all your fears.**

As you can see, all the fears come from a lack of preparation and practice, or ignorance of simple communication techniques that anyone can learn.

For each cause there is a practical solution that you can find explained and shown in the learning resources of Speak Easy.

CAUSES OF FEAR	SOLUTIONS	SPEAK EASY RESOURCES
Feeling under-prepared and being afraid of drying up or losing your way	Plan and organize the content of your talk in detail	Preparing a talk
Not feeling comfortable with the hardware and software	Practise in advance until you feel confident	Presenting with visuals
Irregular or difficult breathing during talks	Learn and practice how to breathe correctly	Breathing techniques for public speaking
Believing your voice isn't right for public speaking	Improve the quality of your voice through appropriate practice and exercises	Using the voice
Not feeling at ease physically and feeling clumsy in front of an audience	Practise the right posture and body language	Using body language
Not being used to reading aloud, especially in front of an audience	Learn how to read aloud to children and practise	Reading in public
Not being able to handle questions, objections or discussion	Study your audience in advance and prepare a strategy for dealing with tricky questions	Handling questions and stating my case
Worrying about not having everything under control	Practise your talk and rehearse in front people you trust	Preparing for the big day