

How to Overcome Your Fear of Public Speaking

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It is often said that when people are asked what they fear more, death or public speaking, they choose the latter. As amazing as this may seem to some, it makes sense to others. Getting up in front of a large group of people and giving a speech or performance can be very intimidating, so it is important that you learn some of the best ways to overcome this fear. Once you do, you will be a much more effective speaker.

Practice is the key to success in public speaking

Part of overcoming your fear of public speaking is to make sure that you always practice before you go on. The more you are confident in what you have to say, the better you will feel once you get up in front of your audience. They will be able to tell that you are prepared and feel good about what you are presenting to them. If you have to, use the old technique of standing in front of a mirror and rehearsing what you have to say.

Also make sure that you not only have confidence in your speech, but also in yourself. Have a good self-esteem and being confident in who you are as a person plays a critical role in public speaking. All of the great speakers have at least one thing in common, they all felt comfortable enough with themselves to get up in front of hundreds or thousands of people and speak.

Another thing you can do to avoid stage fright is to know your audience, that is you must be familiar with the group of people you will be speaking to. This will determine the kind of language you use, your posture, and other important things to consider when speaking to a group of people. You must always be making eye contact as well. This will show your audience that you are attempting to make a real connection with them, and they will sense that and appreciate it.

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