

1 BRAIN SCIENCE

- Fight or flight is a full blown, hormonal automatic reaction to a threat. It begins in our brain stem and sends signals to our parasympathetic nervous system.
- Your brain does not know the difference between fear of public speaking and fear of being attacked by a saber tooth tiger. It just knows fear.

2 BELIEVE IT

- Negative thoughts are more powerful than positive ones (negativity bias) and saying thoughts aloud is more powerful than saying it in your head. Recondition your inner voice by taking the following steps...
- Acknowledge the fear
- Name it to tame it
- Become comfortable with the uncomfortable
- Create a mantra
- Know your why
- Visualize

3 BREATHE

- Diaphragmatic breathing increases our blood oxygen levels therefore lowering our heart rate.
- Diaphragmatic breathing gives us the ability to manually switch from fight or flight to rest and digest by tapping into our vegus nerve.

4 BODY & VOICE WORK

- Use power posing to “fake it til you become it.” Especially in the first 5 minutes of your talk.
- The speaker warm up consists of: breath work, body work, voice work and mindset work.

5 BABY STEPS

- Our brain craves safety so trying to accomplish too much at one time throws us back into fight or flight. In order to avoid fight or flight, chunk down the large goal into baby steps.

6 BE PREPARED

- Rehearsal is key for confidence. Hebb’s Law explains that practice builds neuro pathways in our brain.
- Get feedback from 3 sources: yourself, a trusted advisor and somebody akin to your audience.

7 BE BRAVE ENOUGH TO BOMB

- Creating our authentic speaker persona makes us feel more comfortable in our own skin.
- Focus on serving your audience and the unique gift that you give with your presentation.