



WORKSHOP OVERVIEW

CONFIDENT PUBLIC SPEAKING

Learn How To Overcome Stage Fright With Expert Training

CONFIDENT PUBLIC SPEAKING

You can feel your heart pounding. You try to calm down, but that makes you sweat, and now you're worried about the speaking and the sweating. That knot in your stomach feels like it's getting tighter with every passing minute—yeah, speech anxiety is awful. But the fear of speaking in public is normal and something anyone can learn to overcome! Whether you're speaking to colleagues, executives, clients, or the public, the techniques we teach you with Moxie's *Confident Public Speaking* will give you the ability to control your anxiety and feel more confident in any public speaking situation.



WORKSHOP TOPICS

1. **Understand** the neuroscience behind fight or flight and how our ancient threat reaction affects us when presenting
2. **Identify** the factors that trigger our survival instinct to kick into high gear
3. **Develop** your authentic speaker persona to convey a unique and powerful message that resonates with your audience
4. **Utilize** proven preparation steps of pro speakers and a pre-presentation speaker warm-up that guarantees improved performance



KEY TAKEAWAYS

- Master exercises to reduce nervous energy and channel it into usable energy
- Foster mindset techniques used by elite athletes to recondition negative self-talk into actionable messaging
- Learn how to turn dread into opportunity and push past limiting beliefs like fear of failure, imposter syndrome, perfectionism, and more
- Develop deep breathing skills that will allow you to tap into your nervous system to shift from a state of anxiety to a state of calm, lower heart rate, focus, and ground yourself before a high-stakes event
- Practice conveying a powerful voice and confident body language to your audience...even if you're shaking in your boots