

Pre-Workshop Materials

OBJECTIVE

To free up more time for your speaking in the training, please fill in these 2 tasks. Print them and bring them with you when you arrive to our training.

TASK #1 – PROS & CONS

List below the

- pros of speaking in public
- cons of NOT speaking in public

Pros of Public Speaking	Cons of NOT Public Speaking



HOW COMMON IS PUBLIC SPEAKING ANXIETY?

It is important to note that 95% of all speakers experience some form of anxiety / nervousness when public speaking. So if you feel any inkling of anxiety, just know that it's totally normal!

Hamilton, C. 2008/2005. Communicating for Results, A Guide For Business and the Professions, 8th Ed. Belmont, CA: Thomson Wadsworth

TASK #2 – MY WHY

Write down at least 5 reasons why you're motivated to do what you do.

Here are some suggestions:

- Why did you start your business?
- Why did you decide to sign up for 'Speak With Confidence'?

TASK #3 – PUSHING YOUR COMFORT ZONE

What are 3 of your greatest achievements in life and business?

Put a star beside the ones that pushed your comfort zone

1)

2)

3)

KEEP YOUR POWER

20% of people will like you regardless of what you do

20% of people will hate you regardless of what you do

60% of people can either accept or reject your message

