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Your Speaking Comfort/Nervousness

Everyone is nervous...but:

- Remember, the audience wants you to succeed.
- There is a perception difference – your perception is over the top when the audience doesn't notice (to them you look calm).
- Memorizing your opening statement will help with nerves.
- Exercising can help use up adrenaline and get rid of shakes.
- Preparation and practice are key to calm, natural delivery.

Check It Out!

[A Very Nervous News Reporter - YouTube](#)

[A one minute TEDx Talk for the digital age](#)
| [Woody Roseland](#) | [TEDxMileHigh](#)

[Goals Are Overrated: How to Build](#)
[Systematic Habits - James Clear](#)