

Breaking the Fear Barrier

Common fears that presenters admit to are:

- Fear of losing the train of thought
- Fear of under performing
- Fear of the audience
- Fear that the nerves will be visible
- Fear that something will go wrong
- Fear of being the centre of attention

In order to break the fear barrier it is helpful to alter the focus of your attention from yourself and out to the audience. Think of their needs and what it is they want/need from your presentation.

It will help to:

- Recognise that feeling fear is normal
- Realise that your fear does not have to show
- Appear relaxed and happy to be making the presentation
- Visualise yourself as a powerful presenter
- See your audience as your ally
- Allow yourself time to pause before, during and after the presentation
- Think positively about yourself
- Structure..... prepare and practice