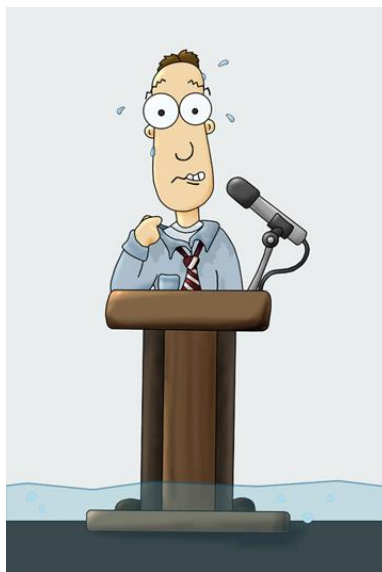


Felicia
SLATTERY

Fear of Public Speaking No More!



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Best-Selling Author of
21 Ways to Make Money Speaking
and
*Cash in on Communication:
How Small and Home-Based Business Owners Can Use
the Power of Effective Communication to Succeed*
and
Kill the Elevator Speech: Stop Selling, Start Connecting

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One Life-Changing Thing You Need to Know About Fear of Public Speaking

Public speaking has long been called one of the most powerful forms of communication. Mastering the art of public speaking can help you achieve many professional goals. Whether you work for a company or have your own business, when you learn how to speak properly in front of an audience, you can get ahead and quickly impress a room full of people.

For those who are entrepreneurs, public speaking holds an even greater benefit: allowing you to get new prospects, new clients and customers -- often immediately following a presentation through writing what I call a [Signature Speech](#). But what can you do if you feel that fear of public speaking so many people face? What can you do if you'd rather do anything but stand up in front of a room?

If you would rather be in the audience than on the stage because you feel nervous in front of a crowd, you're not alone. In fact fear of speaking, known as communication apprehension or public speaking anxiety, has long been studied by researchers. As far back as 1971, The Bruskin Report called public speaking “the number one fear of most Americans.”

How do your feelings of anxiety manifest themselves? Here is a list of the most popular physical manifestations of the anxiety some people feel around getting up in front of an audience:

- **dry mouth**
- **heart racing**
- **shaking knees, hands, or voice**
- **breaking out in red patches on your face, neck and chest**
- **hands or other profuse sweating**
- **racing thoughts**
- **too much movement**
- **adding filler or useless words and sounds**
- **more?**

What it is that is life-changing about this fear? Here it is:

Understand that your nervousness is completely normal and natural, at least to a certain extent.

What about knowing the fear of public speaking is normal can be life-changing?

Simply put, it helps to change your perspective.

When you realize something you are feeling is normal and natural you can then learn how to deal with it and get past it. As a professional speaker, I have been getting up in front of audiences since age seven. Even I, with all my 30-plus years' experience, background, and training feel some of those same physical "symptoms" of nerves that you might be feeling. For me, my mouth gets dry and my hands will shake whenever I am delivering a new speech for the first time.

Where does it come from? Put simply it's your body's normal fight or flight response kicking in. Your brain knows this is something out of the ordinary and your body reacts.

Realize those symptoms are a form of energy. Take that energy and re-direct it to your audience. Use that energy to create excitement and enthusiasm for your topic and presentation. Be ready for it. I always keep a glass of water with me on stage so if my lips start to stick to my teeth from the dry mouth, I take a sip. And it's fine. For the shaking hands, I ignore it. I know it goes away after the first minute or so (that works for me... everyone is different).

But whatever you do, find a way to get past that fear of public speaking and get out there and do it. The more you have the opportunity to speak to audiences, the more confident you will feel about public speaking.

Using One Powerful Technique to Get Over Your Fear of Public Speaking

Public speaking has long been touted as one of the most powerful forms of communication. Particularly for those who are entrepreneurs, public speaking holds an even greater benefit: allowing you to get new prospects, new clients and customers – often immediately following a presentation.

Called a **Signature Speech**, you can easily create massive impact for your business with just one presentation. But what do you do if have a fear of public speaking?

Can you still use the power of speaking as a way to market *your* business?

YES! You CAN do it.

Let's get you out there feeling more confident about your presentation so you can make more money and see the all rewards delivering your **Signature Speech** can give.

The one powerful technique? Visualization.

Elite world-class athletes regularly use visualization to perform at the top of their game when it matters most. Brent Parkhill, owner of Flexx Fitness Personal Training and Sports Performance, Inc. in Aurora, Illinois, who regularly uses visualization techniques with his clients says, "Visualizing enables the body to prepare for a physical challenge so you can accomplish your goals."

Further, according to several articles in Psychology Today, brain science researchers tell us that experiencing a moment in your mind is no different than experiencing it in a real life situation.

“Brain studies now reveal that thoughts produce the same mental instructions as actions. ...So the brain is getting trained for actual performance during visualization. It’s been found that mental practices can enhance motivation, increase confidence and self-efficacy, improve motor performance, prime your brain for success, and increase states of flow – all relevant to achieving your best life!”
-Angie LeVan for Psychology Today

Here are a few tips to using visualization effectively:

1. **Prepare** Sit in a comfortable, quiet place. Remove all distractions, phone, computer email chimes, etc.

2. **Close Your Eyes :** This technique is done completely in your mind.

Keeping your eyes open could distract you from your exercise. (*Note: If you need help with this, you can pick up and download a super low-priced mp3 file of my soothing [Visualization Meditation](#).*)

3. **Picture Every Detail:** Imagine the room where you will be speaking.

Picture the chairs, the tables if there are any, and everything else in the room. See the audience smiling and enjoying your presentation.

4. **Incorporate All Your Senses** Think about how the temperature in the room feels; smell the aroma of the hot coffee being poured at the tables if you are speaking in a banquet setting; taste the cool water in your mouth just before you are announced to speak; hear the applause as you are introduced; and look at the details around you.

5. **Picture Yourself Feeling Comfortable, Confident, and At**

Ease Now turn your attention to your body and your emotions. Imagine any and all of your typical nervous symptoms melting away in favor of a

warm, exhilarating sensation of self-confidence and joy at being able to share your unique message with the people in the room who want to hear what you have to say.

6. **Go Through Your Speech** Picture yourself going through each piece of your speech, feeling comfortable and confident with the audience enjoying every moment.

7. **Stay in that Calm, Comfortable Feeling:** Sit with that feeling for a while and allow it to permeate your being.

Using this simple visualization technique will help you eliminate the fear of public speaking once and for all so you can be successful in marketing your business with your own **Signature Speech**.

Resource:

[Create Your Signature Speech™ Starting TODAY!](#)

Tap into the power of public speaking insider secrets only a select few ever get right. When you apply the trademarked Signature Speech™ to your business, it's almost like you wave a magic wand over each audience so you will get more prospects, more clients and more cash flow ethically and easily using your own authentic voice and your unique message!

Have your topic narrowed down and your audience fully defined before your head hits the pillow tonight. Discover the [Signature Speech™ Mastery Program](#) today!

About the Author:



Felicia J. Slattery, M.A., M.Ad.Ed. is the creator of the Signature Speech™ and works with experts and entrepreneurs, as well as CEOs and celebrities to help them more effectively communicate their messages on and off stages while building and maintaining strong relationships locally, nationally, and globally, both in person and virtually using the Internet.

She holds two Master's Degrees: one in Adult Education and Training and another in Communication. Her enthusiastic passion for communication is contagious because she knows that one important message delivered with power can transform a life. Mom to two young daughters and wife to an entrepreneurial hottie hubby, Felicia's family makes their home in Chicagoland. She speaks on topics related to communication, interpersonal relationships at work and at home, and being a successful entrepreneur in spite of everything life can throw at you. You can find out more about Felicia at <http://FeliciaSlattery.com>.