

How to Cope with Speech Anxiety

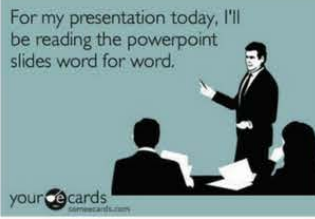


1.) PRACTICE

At least 3 times. In front of a mirror, a roommate, friends, strangers, your dog, Coe College Speaking Center consultants, a campus squirrel, etc.

2.) FAKE IT 'TIL YOU MAKE IT

Channel anxiety into delivery. Speaking and moving can reduce tension. Show enthusiasm. Move purposefully, use gestures, vary your voice.

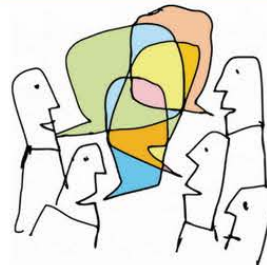


3.) ADAPT TO AUDIENCE

Analyze demographics, values, beliefs, knowledge of audience. Choose relevant topics. Establish reasons to listen and common ground. Use examples specific to audience members.

4.) BE CONVERSATIONAL

Imagine you're speaking one-to-one with each individual. Keep the engaged engaged. Engage the disengaged. Eye contact, posture, gestures, voice.



5.) INVOLVE AUDIENCE

Ask questions, facilitate discussion, allow audience participation in activities, demonstrations.

Coe College Speaking Center

Stewart Memorial Library, 1st floor
Mon-Thu 8 am-10 pm, Fri 8 am-3 pm

ACCEPT IT

**STRETCH PUBLIC SPEAKING
MUSCLES
(BREATH, VOICE, BODY)**

TALK IT OUT WITH A FRIEND