

Getting Rid of the Fear & Horror Of Public Speaking

Dale Carnegie understood the fear of public speaking that holds many people in its grip. That's why in 1912 he began offering public speaking seminars to help others overcome their fear and speak with confidence and competence.

Public speaking is such a significant fear that it has a technical term assigned to it: "glossophobia." According to some reports, 75% of people in America experience fear and anxiety about public speaking.

So, if you're one of those people who find the prospect of public speaking horrifying, you're not alone! The good news is that you've come to the right place to overcome your fears and learn to speak with conviction and composure.

In this course, you will take a deep dive into the factors of your fear, assess the source of those fears, and most importantly, overcome those fears so that you not only stop dreading, but begin looking forward to presenting with poise and polish!

"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I have lived through this horror. I can take the next thing that comes along.' You must do the thing you think you cannot do." — Eleanor Roosevelt

Learn How To:

- Discover what's behind your fear of public speaking
- Leverage your unique style to present with effect
- Learn the 3 Es of Presentation Preparation
- Explore techniques that calm the nerves and control the butterflies
- Make the first two minutes work for –not against you
- Think on your feet
- Let your "can-do" attitude shine through
- Win over your fears – and your audience!

Format

2 Day Seminar

Location

It is announced when the training opens.

Payment: Please inquire for price.

Who Should Attend

People who abhor public speaking, and avoid presentations at all costs!

Contact Us:

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