

# HOW TO DEAL WITH NERVES

Remember, everyone gets nervous before speaking in public. It's how you deal with that feeling of nervousness which makes all the difference.

- Warm up earlier in the day somewhere away from the office/venue.
- Physically relax, shake the body out, and loosen the shoulders.
- Breathe.
- Do something to energise your system and utilise the nervous energy, such as going for a run or a long walk. If you have limited mobility, you could try seated cardio exercises or an alternative.

Get into the space you are going to present in beforehand.

- Move around it.
- Familiarise yourself with it.
- Try speaking out loud in it.
- If possible, sit in the audience's seats.
- Check the technology you will need.



Just before you are called to speak:

- Establish a stable foundation, whether by planting your feet flat on the floor or finding a comfortable, grounded position that works for you.
- Visualise a string from the top of your head, pulling you upwards.
- Sit away from the back of your chair with an upright spine and good posture.
- Quietly breathe out slowly a few times, letting the air come back in naturally between each out-breath.

When you are ready to present:

- 1** Stop.
- 2** Breathe.
- 3** Focus on the audience.

#### Further reading

- *Presence* by Amy Cuddy
- *Presence: How to Use Positive Energy for Success in Every Situation* by Patsy Rodenberg.