



## What are you afraid of?

*If speaking in public gives you pause, you're not alone. In fact, you're in the majority. Being nervous is natural and can contribute energy to your presentation. But when the nerves take over, your presence is reduced to pure survival mode. A new perspective or approach may be just the thing to get you back on your feet with confidence and maybe even with pleasure. First, a few questions.*

1. Are you an introvert or an extrovert?
2. Are you more interested in people or tasks?
3. Are you an organized person?
4. Are you good at 'winging it'?
5. When it comes to public speaking, are you terrified, hesitant, neutral, interested, or enthusiastic?
6. Have you had a bad experience with public speaking? What happened?
7. What do your nerves look like? Sound like? Feel like?
8. If you look at public speaking in two components - content and delivery - which one is more challenging for you?
9. If I knew \_\_\_\_\_, I would feel differently (better) about public speaking.
10. Have you watched (in person or in media) speakers who inspired you? Who were they? What was it about their speech?