

Masterclass > Business Strategy > Five Keys to Having Ease With Presenting in Public

## Five Keys to Having Ease With Presenting in Public

Tweet 1 Like 21 g+1 0



Public speaking is often ranked among the top fears in the world. It is positioned among austere topics like death & terrorism. Yet giving a great presentation at work does not have to make you lose your lunch.

Public speaking coach Blossom Benedict believes that anyone can have ease and be very impactful speaking in front of others.

Here are some quick tips to remember next time it's your turn up for a powerpoint, speech or announcement at work.

**1) Stop believing you are what you've been telling yourself:** If you say "this is going to be terrible" over and over you will not only believe it, often you will actually create it. Notice what you are telling yourself and try turning those statements into questions. Ask "what would it take for this to be fun?" And "how does it get any better than this?"

**2) Let down your barriers:** We think we have to protect ourselves in front of people so we often erect walls around ourselves. Vulnerability and authenticity are actually two of the most seductive and captivating characteristics in a public speaker. Before you speak, take a couple of deep breaths and intentionally push down anything that makes you want to protect or defend yourself. It's a little uncomfortable at first, but the difference it makes is dramatic.

**3) Focus on putting your audience at ease:** When a speaker is uncomfortable, how uncomfortable does the audience become? What if you turned the tables saying "Hey, I've got this covered. You can relax!" You will be amazed how much your body will relax when you are not focused on the speech being all about you.

**4) Don't over prepare:** For the most impactful presentation, you want to be present with the people in the room. Resist the urge to memorize word for word. Instead just make sure you know your subject well so you can just talk about it. If you don't memorize anything, there is nothing to forget. And you just may find out you know more or are funnier than you thought!

**5) Don't judge yourself:** When you are done speaking, don't let your presentation play over and over in your head or pick it apart. Take the moments colleagues are clapping or when you are returning to your seat to be grateful for them listening to you. If you stay in this grateful and confident energy at the end, people will actually remember your talk as much better than if you start judging yourself.

Blossom Benedict will be in Wellington 25th - 28th April 2014

**Date:** April 25th

**Time:** 7- 9.30pm

**Where :** West Plaza Hotel -110 Wakefield St Te Aro , Wellington NZ

**Cost:** \$40

[www.blossombenedict.com](http://www.blossombenedict.com)

*comments powered by Disqus*