



DEALING WITH PRESENTATION STRESS

De-stressing the performance experience

- Most people find speaking in front of an audience intimidating (not just you!)
- In surveys of what people fear most, public speaking is mentioned more often than any other fear (including flying, poisonous snakes, or death).

HOWEVER

- The individual strategies and skills involved in presenting in public require no special talent, just careful planning and practice.

Confront your fear!

"We have nothing to fear, but fear itself - nameless, unreasoning, unjustified terror."

(Franklin D. Roosevelt, First Inaugural Address to Congress, March 4 1933)

It is normal to feel anxious.

BUT

you can turn anxiety into

"EUSTRESS"

- **EUSTRESS** is the sensation that athletes experience before the big race and musicians experience before the big performance.
- **EUSTRESS** is made up of excitement, anticipation, and awareness.
- **EUSTRESS** helps give you the adrenaline surge to perform at your optimum effectiveness.



Suggestions for turning anxiety into EUSTRESS.

Before the performance

- Rehearse
- Check out the venue
- Check out equipment (microphone, OHP, data-show, etc.) and have a contingency plan for possible technological disasters
- Build in a time cushion
- Visualise yourself giving a GREAT presentation!

Immediately before the performance:

- Take some physical exercise,
- Yawn, stretch, roll head, massage earlobes,
- Meditate,
- Go to the toilet,
- Drink some water,
- Check your appearance (then forget it).

Avoid

- Stimulants (tea, coffee, cola),
- Tranquillising agents,
- Greasy food,
- Dairy products,
- People who undermine your confidence.

During the performance

- Establish eye contact with sympathetic or interested members of the audience.
- Smile. (This not only encourages reciprocal smiles from the audience but also reduces facial tension.)
- Remember that the audience do not want you to fail. As long as you avoid the deadly sin of ignoring them, most audiences are tolerant of 'glitches' in your presentation.
- Remember that as a presenter you are acting in a particular role that is separate from your personal self; the audience's attention is on you as a presenter, not you personally.

**Last but not least,
ENGAGE
&
ENJOY!**