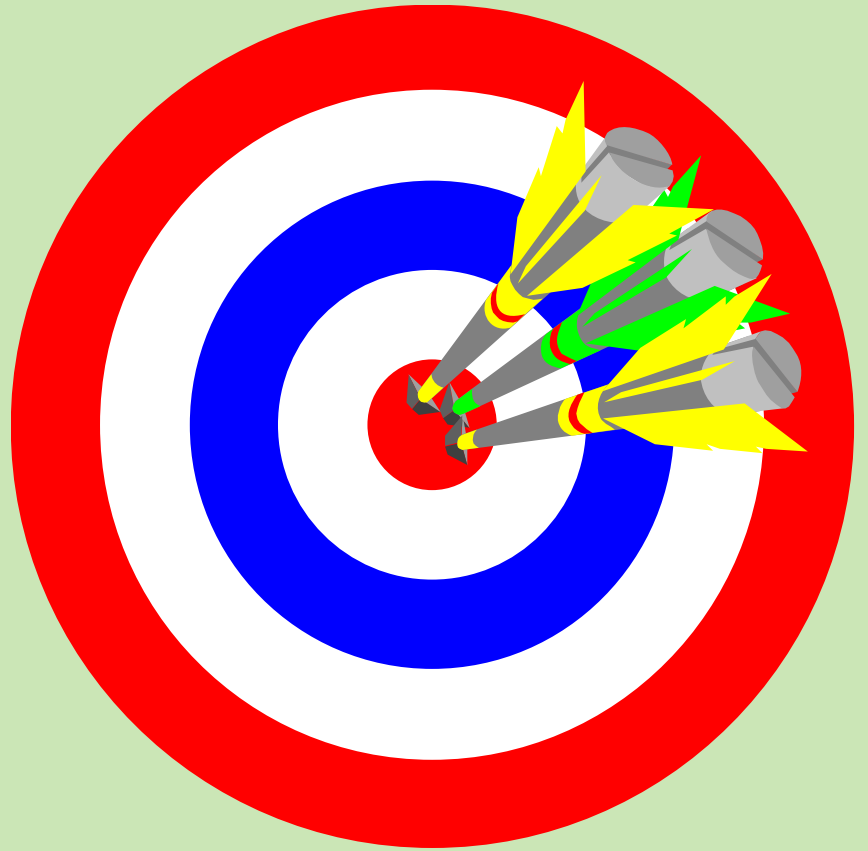


Chapter Two

**GETTING
STARTED WITH
CONFIDENCE**



Chapter Two



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The Roots of Public Speaking Anxiety



⌘ Public Speaking Anxiety (PSA)

⌘ The fear or anxiety associated with actual or anticipated communication as a speaker to an audience.

⌘ Causes:

⌘ Lack of Experience

⌘ Feeling Different

⌘ Being the Center of Attention*

The Roots of Public Speaking Anxiety:

Lack of Experience

⌘ Anxious anticipation is a natural reaction to new experiences*



The Roots of Public Speaking Anxiety:


Feeling Different

- ⌘ Getting up in front of an audience make a speaker sensitive to his or her personal idiosyncrasies*



The Roots of Public Speaking Anxiety:

Being the Center of Attention



- ⌘ A speaker's conspicuous feeling due to the audience's attention.
- ⌘ In actuality, the audience notices very little about us that we don't want to reveal, especially if our speech is well developed and effectively delivered*

Public Speaking Anxiety: Forms and Consequences




⌘ Communication Apprehension

⌘ General fear or anxiety associated with real or anticipated communication with one or more people.*

Public Speaking Anxiety:

Communication Apprehension




⌘ Context-Based Communication Apprehension

- ⌘ Communication apprehension associated with a particular mode or context of communication, such as public speaking*

Public Speaking Anxiety:

Communication Apprehension




⌘ Audience-Specific Communication Apprehension

⌘ Anxiety about communicating with a particular person or group of people as one's audience*

Public Speaking Anxiety:

Communication Apprehension



⌘ Situational Communication

⌘ Apprehension

⌘ Anxiety about communicating with a particular audience on a particular occasion at a particular time*

Public Speaking Anxiety:

Public Speaking Anxiety During the Speechmaking Process

- ⌘ Pre-Preparation Anxiety
- ⌘ Preparation Anxiety
- ⌘ Pre-Performance Anxiety
- ⌘ Performance Anxiety*



Public Speaking Anxiety:

Public Speaking Anxiety



⌘ Pre-Preparation Anxiety

⌘ The anxiety experienced once it is realized one will be giving a speech

⌘ Preparation Anxiety

⌘ The onset of public speaking anxiety once preparation for a speech has gotten under way*

Public Speaking Anxiety:

Public Speaking Anxiety



⌘ Pre-Performance Anxiety

⌘ The onset of public speaking anxiety immediately prior to giving a speech

⌘ Performance Anxiety

⌘ The onset of public speaking anxiety while giving a speech*

Public Speaking Anxiety:

Consequences of Public Speaking Anxiety

⌘ The consequences of public speaking anxiety can include everything from procrastination to poor speech performance*



Coping With Public Speaking Anxiety

- ⌘ Manage your anxiety instead of allowing it to manage you
- ⌘ Develop a clear and thorough plan for each speech to build your confidence*

Strategies For Getting Started With Confidence



- ⌘ Prepare and Practice
- ⌘ Modify Thoughts and Attitudes
- ⌘ Visualize Success
- ⌘ Use Relaxation Techniques
- ⌘ Depersonalize the Speech Evaluation*

Strategies for Getting Started With Confidence:

Prepare and Practice

- ⌘ Manage your time wisely
- ⌘ Don't skimp on the research
- ⌘ Discover as much about the audience and speaking environment as you can
- ⌘ Rehearse the delivery of your speech*



Modify Thoughts And Attitudes



- ⌘ Regard your speech as a valuable, worthwhile, and challenging activity
- ⌘ Remind yourself why public speaking is helpful personally, socially, and professionally
- ⌘ View public speaking as an opportunity, not a threat.*


Visualize Success

⌘ Visualizing

- ⌘ In the public speaking context, a process of mentally seeing oneself give a successful speech*



Use Relaxation Techniques



⌘ Stress-Control Breathing

⌘ A form of breathing in which the center of breathing is felt on the stomach rather than on the chest

⌘ Stage One

⌘ Inhale air and let your abdomen go out. Exhale air and let your abdomen go in

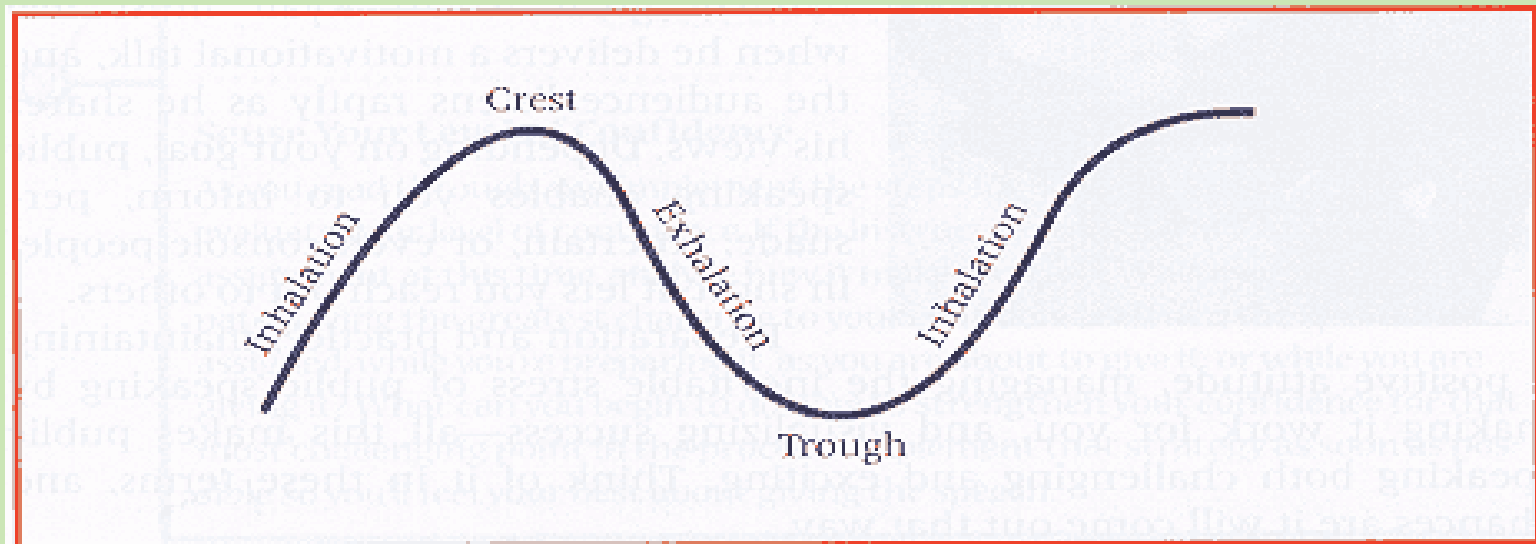
⌘ Stage Two

⌘ As you inhale, use a soothing word such as *calm* or *relax**

Strategies for Getting Started With Confidence:

The Wave

- ⌘ Under stress, breathing and speaking can get uncoordinated.
- ⌘ To coordinate breathing and speaking, begin speaking at the crest of the wave*



Strategies for Getting Started With Confidence:

Natural Gestures

⌘ Practice some controlled, natural gestures that might be useful in enhancing your speech, such as holding up your index finger when starting your first main point*



Strategies for Getting Started With Confidence:

Freedom to Walk

⌘ Walk around as you make some of your points, instead of standing behind the lectern the entire time

⌘ Movement relieves tension, and it helps to hold the audiences attention*



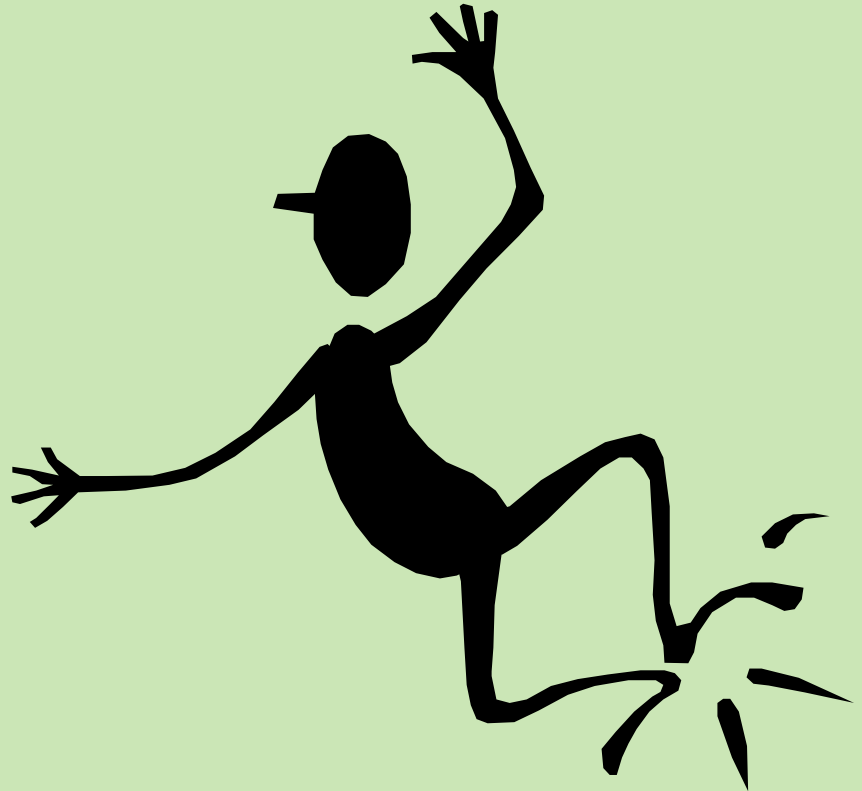
Depersonalize The Speech Evaluation

- ⌘ Being evaluated is a necessary part of a speech class
- ⌘ Your concern as a speaker should be with your message, not yourself
 - ⌘ This will help to lessen your anxiety about presenting the speech
- ⌘ Think of your speech as a conversation instead of a performance*

Strategies for Getting Started With Confidence:

Seek Pleasure in the Occasion

- ⌘ Giving a speech can be satisfying and empowering.
- ⌘ Depending on your goal, public speaking enables you to inform, persuade, entertain, or even console people.*



Giving it a Try:


DOING A FIRST SPEECH IN CLASS



- ⌘ Select a Topic
- ⌘ Analyze the Audience
- ⌘ State the Speech Purpose
 - ⌘ To inform, persuade, entertain, etc.
- ⌘ Develop the Main Points
- ⌘ Gather Supporting Materials*

Giving it a Try:

Select a Topic



- ⌘ Unless the topic is assigned, let your interests and your passions be your guide
 - ⌘ Personal interest in the topic ensures you will bring enthusiasm to the project
 - ⌘ Be certain your topic will be of interest to your audience as well*

Giving it a Try:

Analyze the Audience



- ⌘ Audiences have personalities, interests, and ambitions, all of which affect their receptiveness
- ⌘ Learn about the differences and similarities among members of your audience
 - ⌘ Begin with easy to identify demographic characteristics
 - ⌘ Next, consider how different people might think or feel differently about your topic*

Giving it a Try:

State the Speech Purpose



- ⌘ Once you have a topic, the next step is to decide what you wish to convey about it and why
 - ⌘ Is your general purpose to inform, persuade, or entertain?
- ⌘ Your speech should also have a specific purpose: a definite statement of what the speech will accomplish for the audience*

Giving it a Try:

Develop the Main Points



- ⌘ Organize your speech around two or three main points
 - ⌘ In an informative speech, these are the primary pieces of knowledge
 - ⌘ In a persuasive speech, these would be the key points favoring your position
- ⌘ The main points should be clearly identifiable in the specific purpose of the speech.*

Giving it a Try:

Gather Supporting Materials



- ⌘ Unless your speech is about a very compelling personal experience, plan on researching your topic for supporting materials
- ⌘ Supporting material lends credibility to your message by signifying that your ideas are consistent with other people's ideas and actual events.*

Giving it a Try:

Outline the Speech



Introduction

Purpose statement

I. First main point

A. Supporting material

B. Supporting material

II. Second main point

A. Supporting material

B. Supporting material

Conclusion*

Giving it a Try:

Practice Delivering the Speech

- ⌘ The success of your first speech depends on how well you prepare and practice
- ⌘ Practice your speech at least six times
- ⌘ Use a Tape Recorder
- ⌘ Get motivated, be excited, and have fun with it*

