



Richard Denny

Your Success Coach

The media have called Richard Denny **'The Millionaire Maker'**. For over 30 years he has helped thousands of people into financial wealth, and others into greater achievement and happiness. His lectures, books, videos, DVD's and CD's are bought around the world.



10 Tips for overcoming the fear of speaking in public

If you have never spoken in public before or had to make a wedding speech, or even a vote of thanks, you more than likely dread the thought of it. Maybe you've had a bad experience and now you have a crisis of confidence, if that is so you are just like me and millions of others. Let me assure you these fears and more can be overcome. I personally was terrified of having to make a speech until I was 36 and then learnt how to do it and have since given literally thousands of presentations around the world. The most common fears are these:-

Fear of drying up

Fear of forgetting

Fear of not sounding right

Fear of boring people

Fear of trembling hands and trembling voice

Overall can be summed up by *'making an ass of myself'*

So here are 10 tips that will get you started and will overcome those fears:

1. Prior to writing the speech/presentation collect ideas, stories, interesting facts or anything that you may be able to use.
2. When you write the speech there must be a beginning, a middle and a close.
3. The beginning is to get their attention and to achieve that you can have an interesting fact or a people story. Try to avoid a weak joke.
4. The middle is the content, this is where you make your case and present your theme.
5. The close is the call to action suggesting something that everybody can do or take away.
6. Illustrate the speech with people stories, genuine case histories and examples are excellent.
7. Avoid streams of facts and figures. If necessary, they have to be on a hand out or easily read from a screen.
8. Always take some deep breaths before you start as this will settle your nerves, and say to yourself 'I'm going to enjoy this and everybody else I'm sure will enjoy it'
9. Always have some notes with big writing, your notes must be your aid – not a trap.
10. Speaking and presenting is not an ego trip, your message is for the benefit of everybody else. So remember the six P's - **Proper planning prevents particularly poor performance.**