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Defeating the True Nervousness of Public Speaking



Nicholas Pollak / October 5, 2009 /

OP-ED (<http://www.thefrontpageonline.com/category/op-ed>)

I was in a situation recently where I had to give an hour-long presentation to a group who had an interest in hypnotherapy.

Whether you know it or not, what most Americans fear more than anything else is public speaking. I am no different.

Like others, I have experienced nervousness, mental blanks, shortness of breath and that darned thumping of my heart as I prepare to deliver my presentation.

I have found that once I get going, within 10 to 15 seconds, my nervousness goes away, replaced by a confidence in my topic and in my presentation.

He was uncomfortable giving any type of speaking presentation. This was a problem because he had to speak to groups at least twice a week. He said he could not shake his nervousness, and he never changed his presentation for fear of making a mistake.

Another Pathway to Success

Once again, using hypnosis, he was able to see himself confidently, calmly giving speeches to receptive audiences. He visualized acceptance from the listeners about his topic. He visualized their enjoyment of his presentations. He also visualized his own success as a result of his impressive presentations.

Using these tools as well as being taught how to understand suggestibility (how people communicate) and certain characteristics of others, he was able to change the wording and style of his speech to appeal in the most effective way to the people he was trying to reach. Since overcoming his problems, he also is now a Regional Sales Manager.

When giving a speech, remember that the people you are talking to are just like you. Know your topic. Be prepared to answer any questions. Stay focused. If your audience looks bored, inject a little humor. Or involve them.

Before your speech, visualize yourself standing confidently at the podium, feeling calm and knowledgeable. Understand the people you are talking to want to be there.

Being prepared subconsciously is your pathway to a successful presentation. Remember the conscious mind is going to make your body react to its perceived nervousness. Those feelings will pass quickly because you are prepared.

Enlighten, teach, brighten, share, laugh, cry, generate enthusiasm, motivate and inspire confidence and success. Good luck.

A clinical hypnotherapist, handwriting analyst and certified master hypnotist, Nicholas Pollak may be contacted at nickpollak@hypnotherapy4you.net (<mailto:nickpollak@hypnotherapy4you.net>)

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A secret cache of letters brings together a former

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Love, incest, mental illness and murder. A 25th an

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