

want to learn more?



The Speaking Center

ANXIETY COPING TIPS

MANTRAS & AFFIRMATIONS

SPEAKING TO THIS GROUP, I FIND MYSELF BECOMING ENERGIZED & EXCITED. I AM COURAGEOUS ON THIS STAGE. I ENJOY HEARING MY OWN VOICE. I AM AMAZING!

PERFORM

SING IT, READ IT WITH A RHYTHM WHEN YOU'RE ALONE OR WITH A PERSON YOU'RE COMFORTABLE WITH, OR A CONSULTANT. MEMORIZE YOUR ATTENTION GRABBER.

PREPARATION

ALWAYS PRACTICE YOUR SPEECH "OUT LOUD" RATHER THAN IN YOUR HEAD. IF YOU KNOW YOUR SPEECH, YOU WILL BE ABLE TO PUSH THROUGH WHEN THE ANXIETY HITS. VISIT A SPEAKING CENTER, PRACTICE WITH FRIENDS, IN THE MIRROR, OR BY RECORDING. REMEMBER, WE ARE ALL OUR OWN WORST CRITIC, SO REVIEWING THE RECORDING WITH SOMEONE ELSE IN REAL TIME IS HELPFUL TO SEE WHERE YOU MAY BE OVERLY CRITICAL. DON'T WAIT UNTIL THE LAST MINUTE, PLAN AHEAD, AND USE CAMPUS RESOURCES YOUR NOTES ARE NOT JUST THERE FOR CONTENT, BUT ALSO FOR DELIVERY CUES.

VISUAL AID

A VISUAL AID CAN HELP YOU STAY ON TRACK; IT CAN GIVE YOU A FOCAL POINT. THE AID CAN HELP THE AUDIENCE CONNECT WITH YOUR TOPIC, AND IT CAN DRAW SOME OF THE ATTENTION AWAY FROM YOU AND ONTO THE AID.

5 POINT

THE "5 POINT" GUIDED MEDITATION FOR GROUNDING INVOLVES FOCUSING ON SPECIFIC BODY PARTS: THE HEEL, EAR, HEAD, THIRD EYE, AND HEART (HEHEH).

PICK A TOPIC YOU LIKE

AN ISSUE OR CHALLENGE YOU EXPERIENCED, AND THE LESSONS LEARNED – DID IT CHANGE YOUR ATTITUDE, VALUES, OR BELIEFS? IF YOU COULD CREATE OR DO ANYTHING, WHAT WOULD IT BE AND WHY CHOOSE 3 OR 4 THAT YOU WOULD FEEL COMFORTABLE TALKING WITH FRIENDS OR FAMILY.

SENSORY CHECK

FIND 5 THINGS YOU CAN SEE, 5 THINGS YOU CAN HEAR, 5 THINGS YOU CAN SMELL, 5 THINGS YOU CAN TOUCH PHYSICALLY, AND 5 THINGS YOU CAN TASTE, THIS CAN HELP YOU BE MORE MINDFULLY AWARE, AND NOT STUCK IN A DISSOCIATIVE PANIC.

PICTURE SUCCESS

IMAGINING HOW NERVE WRECKING PUBLIC SPEAKING IS: "OMG EVERYONE WILL BE WATCHING, I'M GOING TO BLANK OUT AND FORGET EVERYTHING, I'M GOING MESS UP" IS A NEGATIVE SELF-FULFILLING PROPHECY. IMAGINING HOW AWESOME IT IS GOING TO FEEL ONCE YOU'RE DONE ON THE OTHER HAND PROMOTES SUCCESS, OR POSITIVE SELF-FULFILLING PROPHECY!

PARADIGM SHIFT

IMAGINE THAT YOU'RE TALKING TO FRIENDS, NOT AN "AUDIENCE." EVERYONE IN THE ROOM WILL ALL BE IN THE SAME POSITION AS A SPEAKER, SO RECALL HOW YOU FEEL BOTH BEFORE AND AFTER YOUR OWN SPEECH. CHANCES ARE YOUR CLASSMATES FEEL THE SAME WAY. WERE YOU CRITICALLY OBSERVING, OR HYPER-ANALYZING EVERY LITTLE THING EACH CLASSMATE DID? IF NOT, WHY WOULD YOU BE SO HARD ON YOURSELF?