

Statistically, the fear of public speaking is our greatest fear – even more so than snakes, going to the dentist, and death!

*Here are five points to help prepare for the perfect speech!*

- 1 Practice, Practice, Practice**  
Rehearse out loud in a setting similar to the one in which you will be speaking.
- 2 Deep Breathes**  
Slip them in during a brief pause, or while the audience is laughing.
- 3 Hydrate**  
Drink 8 – 12 ounces of water one-hour prior to your presentation.
- 4 Host Mentality**  
Build rapport with individual audience members prior to the presentation.
- 5 Be Positive and Optimistic**  
Your audience wants you to be great – feed off that. Believe in yourself and act confidently.

<http://www.leadershipsimplified.com/fear-of-public-speaking.html>

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