

**HOW TO SPEAK BEFORE AN AUDIENCE WHEN YOU'RE  
SCARED TO DEATH**

**Michel Soler**

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### **How to Overcome Fear of Public Speaking and Give a Great Presentation | Time**

Surprisingly, more people are afraid of standing before an audience than of dying --though I suppose the reason many are afraid is that they.

### **Public Speaking: Why You Freeze When You Speak In Public**

In fact, surveys have shown public speaking is the number one fear we have-- even more than death. you should try to build your confidence and maybe even help you actually have fun when you're in front of an audience.

### **Chapter I. Acquiring Confidence Before An Audience**

How do you get over public speaking fear? -Talking to some people in the audience before you start (if it suits you), so it's no longer made up.

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Your fear most likely comes from somewhere else, an anxiety or worry about what might happen, what might go wrong or things you can't anticipate, rather than what is happening right. And the audience transforms from a sea of friendly faces into a pack of hungry wolves, ready to tear into our entrails. This anxiety turns into a fight-or-flight response triggered by the hormone. Are you shy when you speak to your pet? If you have a water bottle with you, take a sip of water to wet your throat and give yourself a second to calm . To some, there are more important things in life than advancing at the office. can never attain freedom from stage-fright by reading a treatise.