

Overcoming Fear of Public Speaking

Fear of public speaking is generally due to self-consciousness. People fear making a mistake in front of others. They don't want to use a microphone either because they fear making a mistake loudly.

The key to overcoming this fear is to *take the focus off yourself*. Focus instead on your speaking subject and on the needs of your audience.

Remember, it's not about you. It's about the enthusiasm you bring to your subject and your desire to share interesting or important information and insights with others.

OVERCOME SELF-CONSCIOUSNESS AND EXCEL THROUGHOUT YOUR LIFE!

