



## Speaker PREP Video Series

#3 – Expect Nerves ...and know what to do when they arrive

### **STRATEGIES FOR COPING WITH NERVES**

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- **Relaxation techniques**
  - Deep breaths
  - Tighten then relax muscles
  - Aromatherapy (lavender)
  - Visualize a calming atmosphere
  - Listen to relaxation sounds or music
  
- **Leverage the adrenaline**
  - Channel the energy into excitement and passion in your voice and body language.
  - Light exercise just before delivery to work through jittery-ness
  - Walk/move around during presentation (as appropriate)
  
- **Portray confidence**
  - Don't call out your nervousness
  - Make eye contact
  - Find audience members who are engaged and responsive
  - Mask anxiety – sip water for dry mouth, wear dark colors to mask sweating, gesture intentionally to mask shaky hands
  
- **Maintain mental focus and clarity**
  - Pause to breathe or sip water
  - Replace self-conscious thoughts with reminders to deliver the message
  - Glance at notes or outline to keep on track