

3 ways to calm speaking nerves

By Julian Treasure



✓ Rehearse

Get your content absolutely right

Create a stage or area at home to simulate the environment for your important conversation or presentation

Practise as if for real - no mumbling or hunching over

Once you know your content like the back of your hand, try playing around with it - improvise and elaborate

✓ Use aids

The source of most people's nerves is the fear of forgetting what to say

Use cue cards or slides - whichever one suits you best

Don't use pieces of paper if your hands tremble - it'll draw attention to the shaking

Aids will help you talk more naturally. You'll have confidence knowing that you've got those little reminders, should your mind go blank

✓ Breathe

So many of us breathe shallowly, particularly when we're nervous

Take a big, deep breath before you speak

Deep breathing will stop your voice from trembling

It will also allow your voice to be more powerful when you speak

Try doing a power pose beforehand too. Raise your arms wide and high into the air to feel more confident

Remember, speaking gets easier with practice, just like riding a bike or driving a car

For more simple habits that will transform your communication, pre-order my new book, "How to be Heard"  