

How Not To Be "The Cowardly Lion" When It Comes To Public Speaking...

Peter "The Humorator" Fogel

I have to be honest with you. No one was more scared of being in front of an audience than I was. But, then again, I was seventeen years old doing and doing stand-up comedy for the first time at New York's prestigious comedy showcase club, Catch A Rising Star.

Imagine this: I am seventeen – looked thirteen years old (yes, I had good genes) and could hear audience members murmuring to themselves, "God, he's so young." I was so scared that before bounding on stage I actually wrote the jokes on the palm of my hand. A nervous wreck and sweating big time, the ink smeared across my hand and I couldn't read anything. Well, that was then and this is now.

Over the years I've used the following techniques to over come my fear and anxiety.

- 1) Accept that you have negative thoughts. Bring those thoughts out of unconscious and confront them. Pull a 180! Say, "I'm a great speaker! My audience WANTS to hear what I have to say, and I am going to deliver them real value.
- 2) Prepare physically. DO NOT (if you can) eat a heavy meal before giving your speech. Always warm-up your instrument: your voice and body. Do neck rolls. Massage your chest, jaw and face. Do this sitting and relaxed in a chair if you can. Try stretching. Most of all, warm-up your voice. Investigate books on the subject (there are many). You can even sing to your favorite song (in your hotel room, of course).
- 3) See it before it happens! When I was testing for my black belt in Karate I saw myself performing my katas effortlessly and powerfully. In my mind I had gotten my black belt before I even entered the ring. You can do the same with your speaking. See yourself standing in front of an audience and delivering a confident speech with great stories, compelling content, and getting laughs at just the right moment. Even visualize yourself getting a standing ovation! Then picture yourself meeting your audience afterwards where they give you their business card and buy your products

And yes, even with using the above strategies, there's a strong chance you will have butterflies in your stomach before going on stage. This is normal, and in fact, it will keep your senses very sharp while on stage.

Peter "The Humorator" Fogel is an NSA speaker and corporate comedian. He's also the creator of **Peter "The Humorator" Fogel's Guide To Effective Public Speaking**. For more info and to sign up for his FREE 7 Days to Effective Public Speaking go to: www.publicspeaklikeapro.com www.fortune500comedy.com

