

# Discussion broad

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Discussion This article by Cuncic offers guidelines to improve performance and control stress during meetings at workplace for everybody in general and for people suffering from social anxiety disorder (SAD) in particular. SAD is a common anxiety disorder and most employees suffer from it to some extent. The strategies proposed include knowing one's strengths, practicing, preparing, watching avoidance behaviors, and using visuals. Using these strategies, employees can regulate stress during meetings and make the most out of their time and capabilities at work.

The author has rightly proposed practicing and preparing as two of the important strategies to control meeting stress. I am a Chinese and was recently interviewed in Shanghai. My interview went well because I had thought about the possible questions and prepared answers for them in advance. I also practiced the interview with my friend before the actual interview which gave me a fair idea of the interview. This topic is mentioned in the course book e. g. while preparing for a meeting or an interview, an individual should at least prepare four Ps i. e. “ purpose, product, participants, and probable issues” (Wilkinson, 2012, p. 590).

I find this article very informative and useful. It contains very useful pieces of advice that are easily practicable. The author has not only suggested what to do in a meeting to control stress and boost performance, but has also clearly indicated what not to do e. g. not to overprepare or have a crafted and premade answer for every question. I discovered the article recently over the Internet.

References:

Cuncic, A. (2014, June 11). Anxiety in meetings. Retrieved from

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