

Glossophobia outline for speech presentation



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BUSTER**

Today I'm going to talk about what is the fear of public speaking, where this fear comes from and how to overcome it. BODY I. According to claustrophobia. Com, Claustrophobia is the technical term given to a severe fear of public speaking or speech anxiety. It can be related with social phobia and stage fright. A. Claustrophobia can be caused by many events. 1. Traumatic events from the past 2. Result AT a low self-esteem or non-consonance 3. Social Anxiety B. Claustrophobia have many symptoms that can be grouped under three categories. Verbal 2. Non-verbal 3. Physical (Link: Second, why is Claustrophobia an issue?) II. Claustrophobia according to Forbes. Com is the most common fear and it can prevent people to achieve their potential. A. You know your presentation from the beginning to the end but because of the fear you tend to fail. B. Your grades may be affected because of fear. C. It can be harmful in the future especially if work in areas that requires you to make presentations (Link: Finally, how can you overcome Claustrophobia or fear of public speaks?

III. There are several things you can do to overcome your fear of public speaking. A Know what you are going to talk about, who you will speak to, and under what conditions you will be doing your speech presentation B. Practice the speech many times before you give it. C. Have a backup plan in case something goes wrong. D. Relax before speaking E. Learn to relate to the public F. Be Brief G. Be Yourself Today we have looked at several points about Claustrophobia.

We learn what is it, what are the causes and symptoms, how can it affect your life and how can you overcome it. So the next time you think that you are afraid of public speaking, remember this quote by Franklin Delano Roosevelt,

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“ Only Thing We Have to Fear Is Fear Itself”. You don’t need to fear anything, because nobody knows more about your work than you do.