

**2017 ANNUAL CHILD SUPPORT TRAINING CONFERENCE & EXPO**



**PARTNERSHIP  
OF HEROES**

**MAY 1-4, 2017 • GARDEN GROVE, CALIFORNIA**

**CHILD SUPPORT DIRECTORS ASSOCIATION OF CALIFORNIA**

# Overcoming Your Fear of Public Speaking

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# Overcoming Your Fear of Public Speaking

The fear of public speaking...

Glossophobia

# Overcoming Your Fear of Public Speaking

## Psychologists—What are people most fearful of?

Public Speaking

Commitment

Intimacy

Rejection

Flying

Death

Heights

The dark

Spiders

Failure

# Overcoming Your Fear of Public Speaking

## Psychologists Ranking

1. Flying
2. Public speaking
3. Heights
4. The dark
5. Intimacy
6. Death
7. Failure
8. Rejection
9. Spiders
10. Commitment

# Overcoming your fear of public speaking

## Out of Comfort Zone

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# Overcoming your fear of public speaking

**Public Speaking = Fear**

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# Overcoming your fear of public speaking

## What is FEAR?



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## Fear vs. Anxiety

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# Overcoming your fear of public speaking

## Why is Public Speaking so Terrifying?

### 1. Evolution

# Overcoming your fear of public speaking

## Why is Public Speaking so Terrifying?

1. Evolution
2. Social Anxiety/Angry Faces

# Overcoming your fear of public speaking

## Why is Public Speaking so Terrifying?

1. Evolution
2. Social Anxiety/Angry Faces
3. Fear of the Unknown

# Overcoming your fear of public speaking

## Why is Public Speaking so Terrifying?

1. Evolution
2. Social Anxiety/Angry Faces
3. Fear of the Unknown
4. It's All About Me

# Overcoming your fear of public speaking

## Showing Fear

Research Study (Confident Speakers...)

1. Exhibit more passion
2. Offer more insight
3. Are more inclusive

# Overcoming your fear of public speaking

## What are YOU afraid of?

- What's at the core of your fear?
- What is this fear costing you?
- Why do you want to overcome this fear?

# Overcoming your fear of public speaking

## How to Overcome Your Fear of Public Speaking

Step 1—Identify the Real Fear



# Overcoming your fear of public speaking

## Most Common Fears of Public Speaking

1. I'm going to make a mistake.
2. I'm going to mess it all up.
3. I'm going to make a fool of myself.
4. I'm going to look like an idiot up there.
5. I'm going to get up there, rattle on, and not make any sense.
6. People aren't going to understand what I'm saying.
7. I'm not going to be able to communicate very well.
8. I'm going to totally freeze and go blank.
9. I will think I did a good job, but people will think I didn't know what I was talking about.
10. I'm going to have nothing to say. I'm just going to stare at the audience while they stare back at me and it's going to be so awkward that I'll want to sink into a hole in the ground.

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# Overcoming your fear of public speaking

## One Primary FEAR...

The fear of being EMBARRASSED

# Overcoming your fear of public speaking

**The REAL fear underneath all  
public speaking fear is...**

**The fear of DISAPPROVAL**

# Overcoming your fear of public speaking

## How to Overcome Your Fear of Public Speaking

Step 1—Identify the REAL Fear

- The FEAR of Disapproval

# Overcoming your fear of public speaking

## Three Ways to Overcome Your Fear of Disapproval

1. Be Your #1 Fan

# Overcoming your fear of public speaking

## Three Ways to Overcome Your Fear of Disapproval

1. Be Your #1 Fan
2. Take Stock of Yourself

# Overcoming your fear of public speaking

## Three Ways to Overcome Your Fear of Disapproval

1. Be Your #1 Fan
2. Take Stock of Yourself
3. Say Goodbye to the P-Word

# Overcoming your fear of public speaking

## How to Overcome Your Fear of Public Speaking

Step 1—Identify the REAL Fear

Step 2—Change Your Stories



# Overcoming your fear of public speaking

## Our Most Common Stories

1. If my mind goes blank, then I will never recover and the whole presentation will be ruined.
2. If I stumble on my words, then people will think I am stupid, inarticulate, or foolish.
3. If I misspeak, then people will think I'm a fraud who doesn't know what he's talking about.
4. If people see that I'm nervous, then they will discount me and my message completely.
5. If I blush, sweat, or tremble, then everyone will think I'm pathetic and pity me.
6. If someone looks down while I'm talking, then it means they aren't interested and I'm boring.
7. If someone looks confused, then it means I'm being unclear and doing a terrible job.
8. If no one has any questions, then it means everyone was totally bored and I'm an awful speaker.

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## Change Your Stories

- If my mind goes blank, then it means I'm a little nervous.
- If my mind goes blank, it's no big deal; I can easily recover.
- If my mind goes blank, I need to take a deep breath and check my notes.

# Overcoming your fear of public speaking

## How to Overcome Your Fear of Public Speaking

Step 1—Identify the REAL Fear

Step 2—Change Your Stories

Step 3—Embrace Your Fear

# Overcoming your fear of public speaking

## Tips and Tricks

- A. Dealing with Physical Responses
- B. Understanding Your Audience
- C. Non-Verbal Presentation Tips
- D. Presentation Tips
- E. Real-Time Presentation Tips

# Overcoming your fear of public speaking

## Tips and Tricks

### A. Dealing with Physical Responses

1. What happens to you—do the opposite
2. If feeling excessive—share it
3. What will you look like to others?

# Overcoming your fear of public speaking

## Tips and Tricks

### B. Understanding Your Audience

1. Who are you presenting to?
2. What are their positive and negative buttons?
3. If possible, spend some time with them.

# Overcoming your fear of public speaking

## Tips and Tricks

### C. Non-Verbal Presentation Tips

1. Tips for standing at podium
2. Tips for presenting without podium
3. Tips for microphones

# Overcoming your fear of public speaking

## Tips and Tricks

### D. Presentation Tips

1. No substitution for well-organized presentation
2. Outline vs. word-for-word
3. Be prepared! Practice, practice, practice
4. How do you look? The MIRROR!!!



# Overcoming your fear of public speaking

## Tips and Tricks

### E. Real-Time Presentation Tips

1. “Looking” at the audience
2. Focus on those connecting with you (positive feedback)
3. The power of visualization—visualize being exceptional
4. Movement vs. stationary
5. Admitting to feelings
6. Storytelling, personal anecdotes
7. “Bookend”—compelling opening, great conclusion

# Speaker Contact Information

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*Please be sure to complete the session evaluation.*



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