



Good advice from **Dermot Goode**

The reasons we get nervous about public speaking are many and varied. Here **Dermot Goode**, founder of publicspeakingtraining.ie, gives his top ten challenges to effective public speaking.

1. Nerves based on irrational fears: everyone feels nervous when it comes to public speaking. However, they have learned through practice and experience how to control and mask their nerves.

2. Avoiding irrational thinking: for those not used to public speaking, they spend most of their time worrying about themselves.

What if I faint, forget my words or come across as a bag of nerves? Most of this will never happen, but these are real fears for most people.

3. Taking on too big a task: ideally, you'll build up your confidence gradually to fine-tune your skills and get an understanding as to what works best for you. You don't want to find this out the hard way in front of 300 people.

4. Thinking you can avoid public speaking: not possible. At some stage, be it at work or socially, you will be called upon to speak in front of a group. Too many people seek help when they have had a terrible experience, which makes the learning all the more difficult.

5. Holding onto past experiences: for those who have already had an unpleasant experience, the barrier is that bit higher. A good teacher will show you how to build your confidence up slowly and use some simple techniques to overcome your nerves

6. Thinking you're no good at public speaking: everyone can learn the basics of public speaking. Some will pick this up quicker than others. Some will develop a flair for it and push themselves into bigger, more challenging public-speaking arenas.

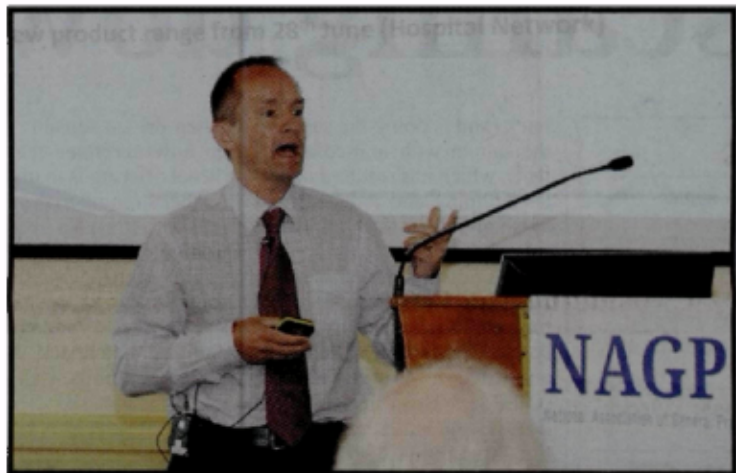
7. Underestimating the consequences of poor preparation or complacency: approaching every public speaking task with the same level of preparation is critical.

8. Don't rely on one presentation medium only: some people try and do everything via Powerpoint. What happens if you

are asked to give an impromptu speech in work or at a function?

9. Sticking to the script: some people are very capable of delivering prepared speeches, but struggle when asked suddenly to comment or speak about something with no time to prepare. This can be very daunting, but there are techniques to help you cope with this.

10. Letting a fear of public speaking hold you back: you are no different to anyone else. Think of it like a skill and the more you practice or experiment with it, the better you'll get. Just don't leave it too late to start.



Dermot Goode, founder of publicspeakingtraining.ie