

SPEAK OUT - DONT FREAK OUT

Michell F. Madlock

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"PEOPLE WOULD RATHER STAND NAKED WHILE ON FIRE, OVERLOOKING a story fall, covered with spiders and snakes than give a speech," joked one.

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To the last he retained a sense of apprehension in addressing the House of Commons, or, for that matter, any large assembly. They are tongue-tied, confused and inhibited. When speaking in the open air, use an acoustic hailer. A positive natural posture is relaxed but upright with the chin up, the chest open. By Catherine Maillard for Psychologies France. His Alexander Technique evolved into a system of therapy that focuses awareness on body usage, balance and posture. Many top speakers have felt paralysed at times. Please take reasonable care of the goods whilst in your care. Dennison and his wife, Gail Dennison. In fact, fear of public speaking tops the list of the most common anxieties – including flying, dying and bankruptcy.