

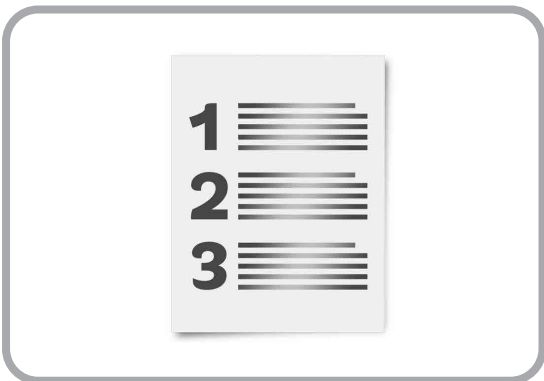
# Speaking in Public



Speaking up in public can be scary.  
It's one of the most common fears people feel.



It is important to remember that no matter how scared you feel, you are not the only person who finds speaking up in public hard to do.



People feel scared of:

- making a mistake
- being laughed at
- feeling stupid
- not being understood
- forgetting what to say.



Be proud of yourself when you speak up in public, even if you do make a mistake, many people would not even try to do it.

# Speaking in Public



**Remember**, the more you speak up in public, the easier it will get so keep having a go.

Most of all, try to enjoy the experience.

## Top tips for speaking up in public



**Plan your speech** - take as long as you can to think about and plan what you want to say.

- **Practice** - practice in front of your friends and family or even in front of the mirror.
- **Relax** - try not to get too stressed or angry.
- **Breathe deeply** - deep breathing will help you to calm down.
- **Don't rush** - take your time and try not to talk too fast.
- **Be confident** - no matter how nervous you feel try to talk confidently, it will help you to focus.