

Signs that you are Glossophobic

- Intense anxiety prior to verbal communication with a group
- Nausea
- Feelings of panic in public speaking circumstances
- Sensitivity to criticism
- Negative self image
- Fear of rejection
- Lack of confidence
- Difficulty in being assertive
- Blushing
- Stuttering
- Embarrassed in public
- Stress effects

Tongue Twisters

These are to help us pronounce words and improve our ability to speak clearly.
Here are a few.

Hubba Bubble
Bubba Gum

She sells sea shells
by the seashore

Strange Strategic
Statistics

Some shun sunshine

The unworn
unicorns uniform

And remember to always
Be yourself
Believe in yourself
Enjoy the moment
Do your best

How to Overcome Glossophobia



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Q- What is Glossophobia?

A- The fear of public speaking. This occurs when you feel queasy or nervous in the spotlight.

Q- Who does Glossophobia affect?

A- Glossophobia can affect everyone at some time or other. Research proves that 75% of all people have suffered from Glossophobia.

Q-What is public speaking?

A-Any time you are speaking to people, you are speaking publicly.

Preparation Tips

Before you give your speech, you have to be prepared.

- * Research your topic thoroughly.
- * Be ready to back up your comments with examples or proof.
- * Be prepared to answer any questions asked by the audience
- * Practice your speech in front of family and friends so you can get the routine down cold.

Things to keep in mind when making a speech

Body posture and gestures

Facial expressions

Confident appearance

Clear voice projection

Eye Contact

Friendly smile