Public Speaking

Confidence Building

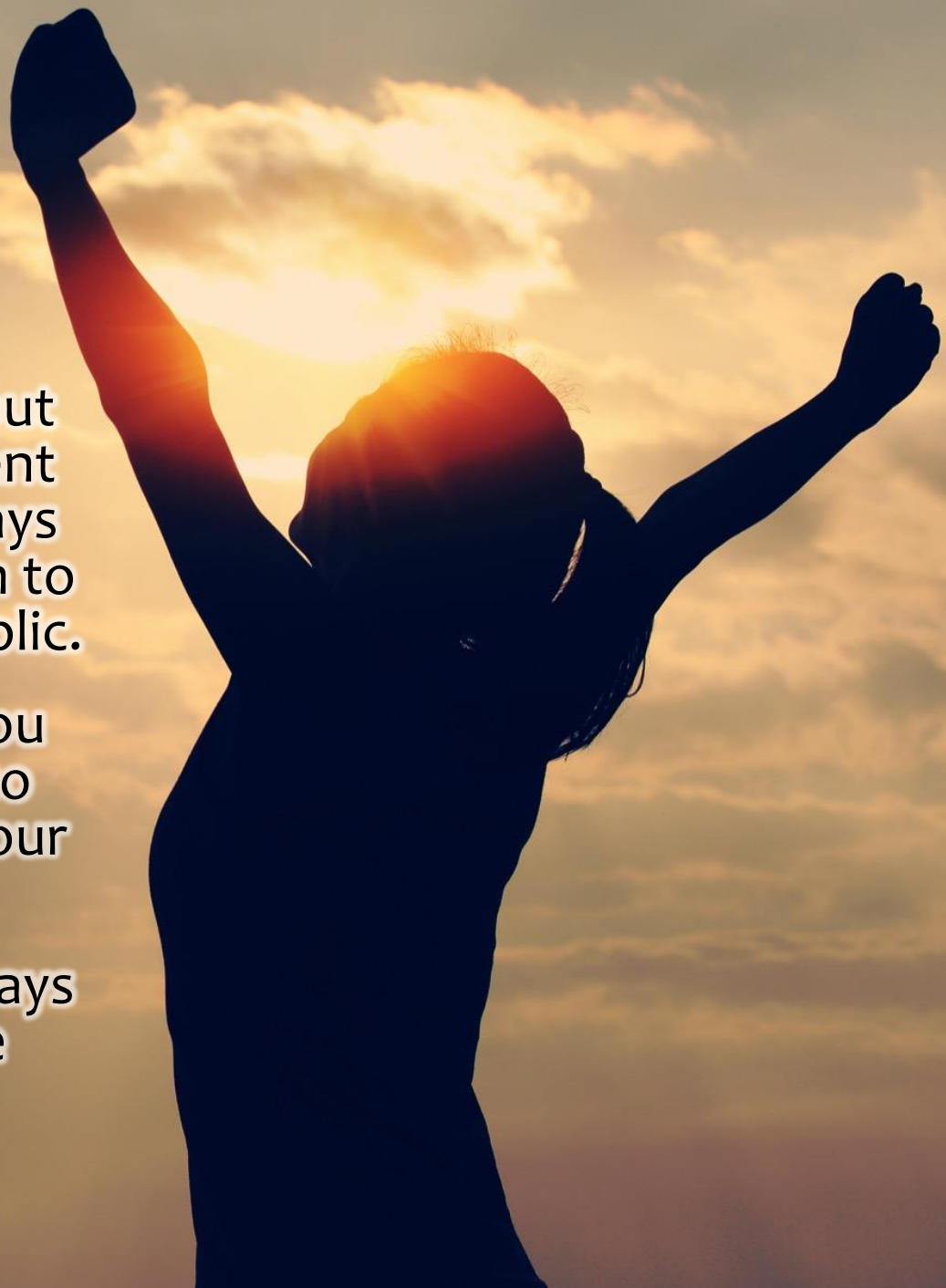
Be Confident

One of the main factors affecting any form of public speaking is your **confidence**.

Not everyone is equally confident, but even if you are not naturally confident or even a bit shy, there are many ways to **improve your confidence** or even to **fake it** while you are speaking in public.

Being confident will not only help you to deliver better speeches, it will also help you to **be more successful** in your daily life.

In this lesson, you will learn some ways to improve your confidence, and we will start doing it in class !



Confidence Building
Breathing Exercises

A very good thing to do when you're nervous, for example just before you have to deliver a speech, is to focus on your **breathing**.

1. Put one hand on your upper chest, the other on your tummy.
2. Put your tongue against your upper teeth and keep it there for the duration of the exercise.
3. **Breathe in** very slowly **through the nose** over 2 seconds, feel with your hand how your lungs fill up.
4. Hold your breath for 5 seconds.
5. **Breathe out** very, very slowly **through the mouth**, as slowly and completely as possible (take at least 4 seconds).
6. Repeat 4 times.

Confidence Building
Posture

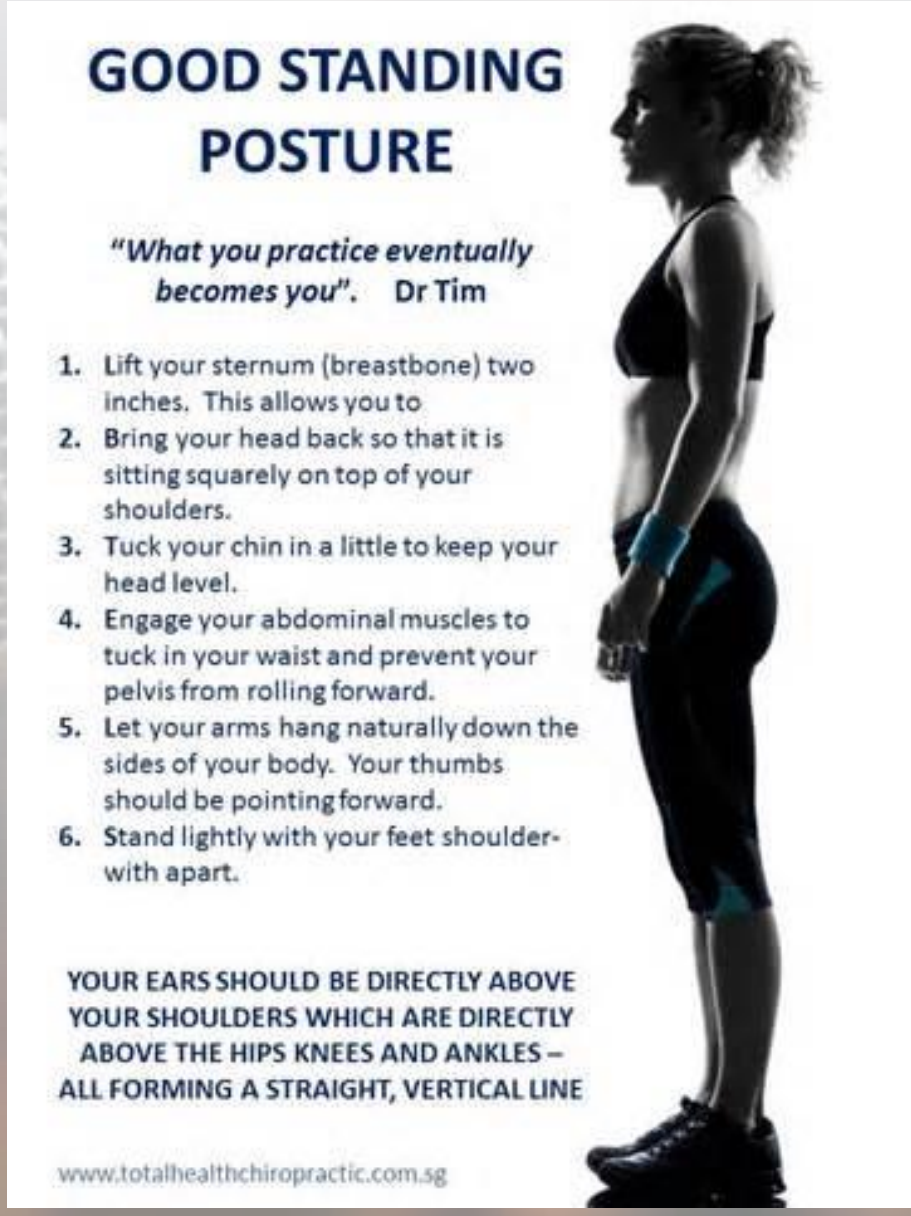
During your presentation, pay attention to how you carry yourself.

To find the correct posture:

1. Lift your shoulders.
2. Move your shoulders backwards so your chest opens up.
3. Relax your shoulders while keeping your chest in position.

Keeping the correct posture during your presentation as much as possible has two advantages:

1. It makes you look confident in the eyes of the audience.
2. It makes you feel confident about yourself.



Confidence Building
Change Your Attitude

Always **act as if you are confident, even if you're not**. After a while, it will become second nature to act, and therefore be, confident.

From now on, you are going thoughts things like "~~I can't do that!~~", "~~I am no good at it~~", "~~I will never be able to do it~~" from your vocabulary.

1. Let's start in class: if I hear you say these things about yourself I will tell you.
2. Continue outside the class: If you hear your classmates say something like this, tell them.
3. **If you catch yourself** saying or thinking "I can't do this", take a moment to think why you said it. **Is it really true** you can't do it, **or is it just a habit** to say "I can't do it". You can do much more than you think!!!
4. If you find yourself thinking or saying "I am no good at this", take a moment to think if it is not so that **you can do it just as well as the next person**. We are very good at thinking low about ourselves as a false kind of modesty. **Stop doing it!**

Confidence Building

You are Great, so Prove it to Yourself

Confidence Building

You are Great, so Prove it to Yourself

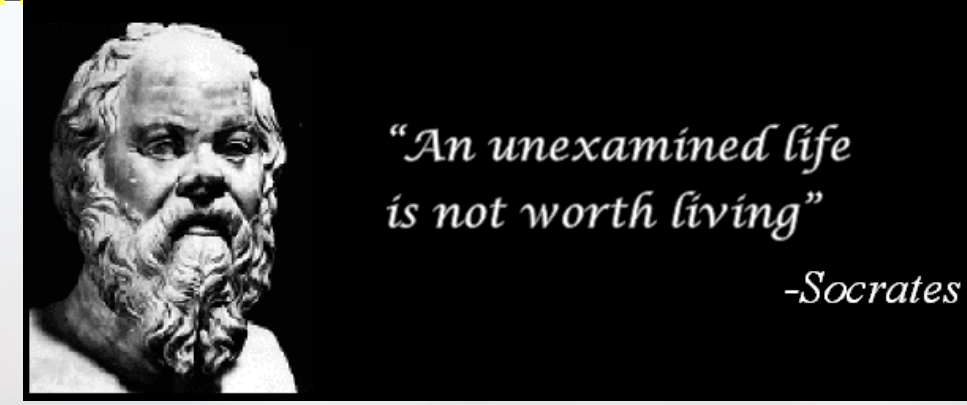
Often when you do something well you know you have done it well. But maybe there was no one else who saw you do it, and soon it is forgotten. Now it is time to record your achievements.

The following habit can make you more confident.

1. If you achieve something, or do something well, or helped somebody, or did anything like that you are proud of, you will write it in the little **notebook** I gave you.
2. Occasionally **read back** all the things you have done and feel proud of yourself!

Don't be shy, **it is OK to be proud of yourself sometimes!**

Know Yourself



To feel more confident, it is important to **know yourself**. This is true when speaking in public, but also in many other situations, for example during a job interview.

To know yourself better, make sure to explore the following aspects about yourself:

1. Know what your **strengths** are.
2. Know what your **weaknesses** are.
3. Know what your **interests** are.
4. Know what you **want out of life**.

Know Your Vision

Make a plan for the **future.**

Create what is known as a "**vision board**", which includes your **short-term** and **long-term goals**. As time goes by, replace the goals you achieved with new ones, and grow.

The vision board should list all your your dreams, **the things that help you become the person you want to be.** Make sure it includes things that make you happy, and are certain to make you feel good about yourself.

Thinking about yourself in this way will give you a **clear vision for the future**, and also help you to know better who you want to be in your life and how you will get there. It **takes away a lot of existential anxiety** and gives you a much clearer perspective on your goals and their priority, making it **much more likely that you will achieve them.**

Know Your Vision

I AM A BEST-SELLING AUTHOR

I have a perfectly healthy body and mind.

All my relationships are harmonious

"Walk with the dreamers, the believers, the courageous, the cheerful, the planners, the doers, the successful people with their heads in the clouds and their feet on the ground. Let their spirit ignite a fire within you, to leave this world better than when you found it."

I EXPECT MIRACLES

Life flows effortlessly

BREATHE

The Wellness Warrior

I AM AN INSPIRING, MOTIVATING, CONFIDENT PUBLIC SPEAKER

I EARN $1000000 PER YEAR

I lovingly forgive and release all of my past. I choose to fill my world with joy. I love and approve of myself.

DO MORE OF WHAT MAKES YOU HAPPY.

Confidence Building

The Comfort Zone

Your mind is desperately trying to keep you as safe as possible. It doesn't want you to experience anything new or surprising. It wants you to do the same things every day: eat the same food, watch TV at the same time, walk the same route, chat to the same friends and do the same activities. This kind of life is safe and comfortable, but **YOU'RE NOT GROWING**!

Do you ever feel fear? **Feeling fear now and then is a very good thing.** It means you're doing something new. It means you're challenging yourself. It means you're growing.

After you succeed you feel confident: you have successfully done something you thought you could never do.

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Exercise

As an example, we are going to do an exercise where you have leave your comfort zone, and you might find out you can do more than you thought. The exercise has three parts:

1. Yell
2. Hell
3. Tell

We are making 6 teams.

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Exercise: Yell

Each group creates a “yell” for their team. A yell is a slogan, shouted by the team before they do their activity (see example video).

First, choose a name for your team, and then compose a slogan. Some examples:

- **(team name) is the best in the whole northwest!**
- **(team name)’s the pro. So bring it on, LET’S GO!!**
- **Who’s on the ball? <clap-clap> (team name), (team name)! Who wins it all? <clap-clap> (team name) GO!**

Each team performs their yell in front of the class. Be creative, team with the most energetic and convincing performance wins.

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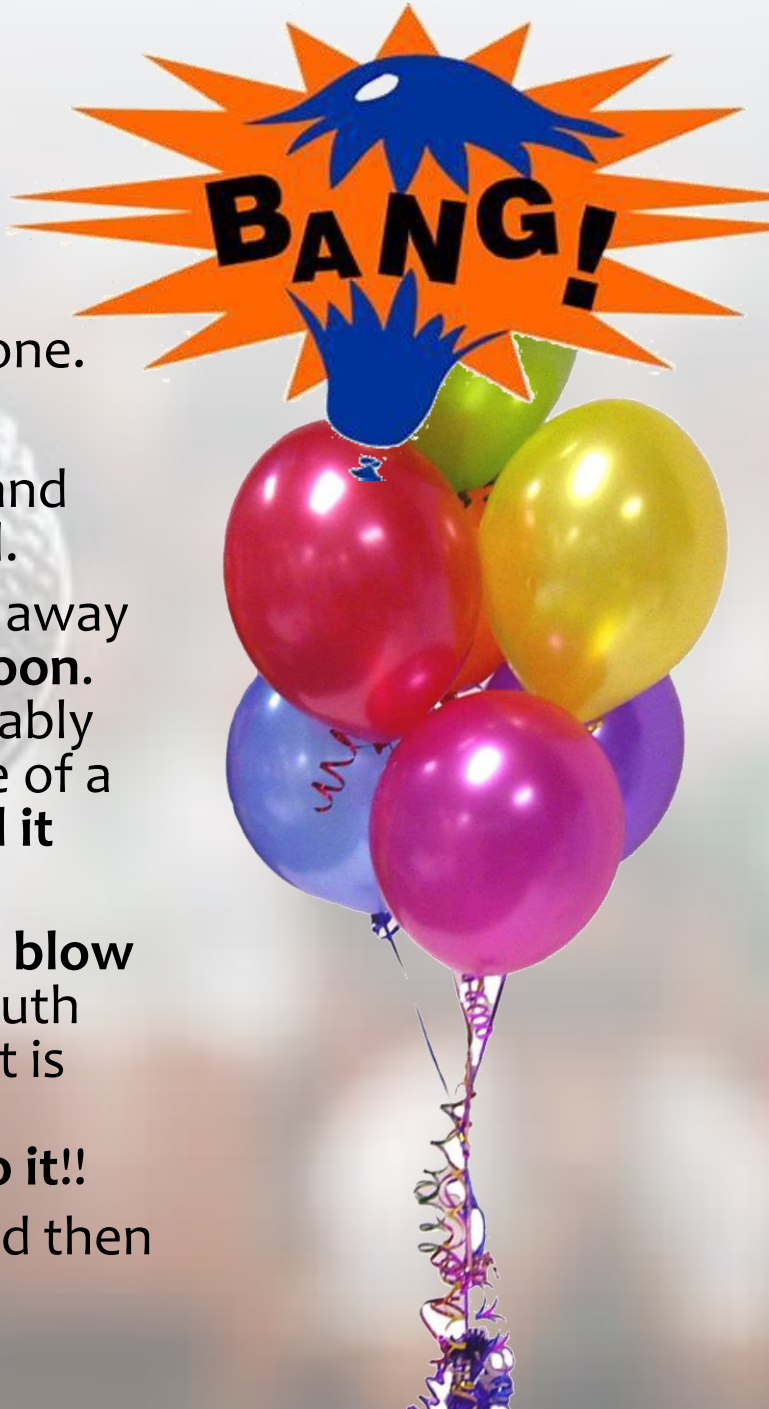
Exercise: Hell



Each team gets a number of balloons.

The ultimate goal is to blow up a balloon until it bursts. This is an unpleasant thing to do, and will probably take you our of your comfort zone.

To get there, take small steps.

1. Start with the small balloons. Inflate them a bit and **just let them go** so they fly away. Not scary at all.
2. Now, inflate a balloon until it is quite big. Hold it away from yourself and **use a needle to burst the balloon**. Bit more scary. If you can do this easily you probably already left your comfort zone; if you want more of a challenge try to **squeeze it with your hands until it bursts**.
3. When you think you're ready, take a balloon and **blow it up until it bursts** (it is hard to do with your mouth even if you're not scared, so **use the pump**). That is more uncomfortable… You may think you can't manage this, but give it your best try, **you can do it**!!

Note what you felt when you blew up the balloon and then when it finally burst.

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Exercise: Tell

The teacher will ask some students to describe what they felt when they burst the balloon. Try to use visual and colourful language to express your emotions.