

Seven wonderful tips for on public speaking without fear:

By Thomson Chemmanoor

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Public speaking is a wonderful art. People learn to face public after giving numerous speeches. There are various tips to remember to imply to give the best of public speeches. The foremost tip to remember is that you have to prepare well for the speech. You will see that the more prepared you are for the speech; the more likely you are to feel in control. Practice the speech as much as possible as you can never have 'too much' of rehearsal time. Just think of the circus artists, artists and musicians who practice for days together to get their act right. They never feel they have too much of practice. This in turn, naturally reduces feelings of nervousness you may feel.

Practice speaking aloud. When you are in the car, bath or going for a walk with the dog, make it a point to say the speech aloud. It is no point only going through the speech in your head as you don't actually benefit much from 'psychomotor memory'- where the memory for what you have to say is partly embedded in the muscles of the mouth. Another tip is that it is better to chew some mints or sweets while waiting to go on stage. This produces saliva that in turn helps reduce nerves. There is no point drinking water as your saliva production then goes down, and thus increases your nervousness. It is best to avoid water during presentations. Make it a point to reach the venue early so that you can get a feel of the room. Sit where the audience sits, so that you can see the stage from their perspective. Practice giving your speech from the stage as the more comfortable you are with the room, the less nervous you will be.

Make it a point to get some exercise in the couple of hours before your talk. Make it a walk, a swim or some aerobics, as this way the chemistry of your blood supply turns to your favour. Exercise helps in the reduction of nerves. Keep active on the stage as the more movement you give to yourself, the more relaxed you will feel. Smile and the world smiles with you. This saying very much applies to you when giving a speech. When you go on stage, no matter how false it may seem to you, smile. The audience will never notice, and this produces hormones to give you a more relaxed feeling. Keep eye contact with the audience, as this is essential in helping you feel good and in reducing your nervousness. Last, but not least, get the feedback on your speeches. You will be surprised to learn that you are a lot better than you think you are!

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