

Title:

Stand up, Speak up!

Word Count:

638

Summary:

Public speaking can be such a difficult task to some people, but there are certain ways in over

Keywords:

anxiety symptoms

Article Body:

^My father established our relationship when I was seven years old. He looked at me and said,

Did it make you smile? That famous line was once said by Stand Up Comics Hall of Famer Bill Co

Anyone who has ever tried going to comedy night at a local comedy club can attest that not jus

That's why, stand up comedians are really admirable with their craft in making the audience la

Public speaking, performing on stage or giving a presentation in front of a large crowd can be

According to the ^holy trinity~ for comedians, there are three qualities to remember to be a g

- Familiarize yourself with the place you are about to speak or do a presentation. Arriv
- Greet the audience as they arrive. It is much easier to talk to a group of friends tha
- Practice your speech or presentation and revise it if necessary. If your uncomfortable
- Exercise. Relax and take a deep breath before your speech or presentation.
- Visualize. Imagine yourself successfully giving your speech.
- Concentrate on the message. Focus your attention away from your anxieties but on your
- Twist your nervousness into positive energy and enthusiasm.

Moreover, do not apologize for any nervousness you think you have with your speech, you might

So the next time you have a big presentation or a speaking engagement, add some humor to it to

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