

# OVERCOMING FEAR

## WHEN SPEAKING BEFORE A GROUP

1. Mentally rehearse your presentation.
2. Try to anticipate questions.
3. Use your session notes.
4. Motivate the group to want to listen to you.
5. Practice your presentation beforehand.
6. Keep eye contact with your audience.
7. Research and know your topic.
8. Always appear to be enthusiastic.
9. Develop your own style of presentation.
10. Be confident and assured that all will go well.

