



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

**Exclusive Mindfulness Scripts
for Wellness Professionals**

Overcome Fear of Public Speaking

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Being able to speak in public with confidence is a wonderful skill to have! It can enhance both career opportunities and increase confidence levels. It's so important to be able to put across a message in a way that is both entertaining and direct and public speaking is a powerful method of communication. It helps with authenticity and self-esteem.

Yet, not everyone has the natural ability to stand with confidence in front of an audience. Many people feel nervous at the prospect and worry that they will not be able to deliver an attention-grabbing speech. So, what is the difference between the seemingly confident person who is happy centre-stage and the person who dreads the prospect of being alone on stage?

In truth, very little.

Most people want to succeed in life and perform well rising to the challenge of presenting to peers or to a higher level. It's important to feel naturally confident in a crowd. To speak well in public, it's important to learn how to cope with inner fears and some may find this difficult. But, in reality, there is very little difference in how any individual feels when presented with a difficult task as it sets off the natural fight or flight mechanisms within us. Some people rise to the challenge, but others worry about failure.

The fear of public speaking is very real. It is also a very common fear and even has a name, Glossophobia. Most people do not suffer in such an extreme way but even small amounts of fear that is not handled properly can lead to anxiety. Fear can impact the deep levels of the mind, and the subconscious mind tries to protect from further stress by reinforcing those conditions. This becomes a vicious circle. One negative experience means you are unlikely to want to share your ideas and engage with an audience again and this can have a detrimental impact on your career and on personal growth.

Once we understand our fear, it becomes easier to be able to control it. Knowing that everyone is really in the same position in an emotional sense helps. It is not the nerves and fear itself that is the problem, it is what you do with it. Everyone has nerves, but Mindfulness meditation enables suggestions to enter the subconscious mind which in turn guides you. It allows confidence to grow and your true inner abilities to come to the surface. You are already everything you want to be but sometimes, the confidence for public speaking is hidden behind self-imposed barriers or learnt behaviour patterns.



Today, I want you to find a **comfortable position**.

Adjust your position until you are happy.

Everything happens in your own time.

This is your moment so allow yourself to relax as you get **more comfortable**.

Turn off all phones or anything that could distract you and of course never listen to this recording while driving or operating any machinery as it could make you very drowsy. It is best to use headphones to listen to these recordings to be able to hear all the subtle sounds.