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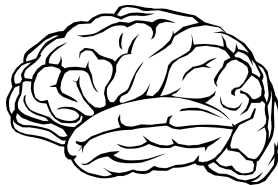
The Speaking Center Presents:
Techniques to Improve Public Speaking

To schedule an appointment visit: <https://www.csusb.edu/speaking-center-jhbc>

Convenient and simple techniques or advice to help improve in a variety of public speaking areas.

Techniques to Reduce Communication Apprehension

Cognitive/Mind



You can use your cognitive mind to help reduce communication apprehension. What you are thinking about when you are afraid to speak? Is it positive or negative? One technique that can help reduce anxiety is to create a new narrative by using *affirmations*. It helps to put these thoughts into simple sentences. Here are a few examples:

- I love speaking
- My speaking is improving constantly
- People love hearing me speak
- I am very comfortable speaking

You can write down these affirmations, speak them outloud, and/or listen to a recording of your voice saying them. Keep your affirmations as positive statements. The idea is you are working towards reprogramming your mind to a new way of thinking. You can also use visualization to help you with your communication apprehension. Imagine your speech, presentation, or interview going exactly the way you want it to. Hold that image as long as possible in your mind. This will help boost your confidence.

