

Imagine yourself at your most confident in public. Perhaps you could be offering a few precious words of encouragement to your team members, or maybe you might be making an important presentation to a new customer. Whatever your job or calling, chances are that, at some point in time, you are going to be involved in public speaking.

Unfortunately, according to the universal list of fears, the fear of speaking in public ranks as No.1. The fear of dying is a mere No.7 in comparison.

Now, if only you could learn to overcome your fear of public speaking, just about anything would seem possible. Indeed, it could alter the way you think about yourself, the kind of jobs you apply for and your skills in other social settings.

Coping with stage fright

Stage fright is a phenomenon that has to be overcome if you want to be good at public speaking. Stage fright, however, isn't technically an accurate term as most of the fear takes place beforehand.

To be fair, everyone, even experienced speakers, experience some form of anxiety when speaking in front of a group. This is perfectly normal. So the best way to deal with this anxiety is to first acknowledge that it is normal and that you are not alone.

Now that you have come to terms with your feelings of anxiety, it is important not to let yourself be incapacitated by it. Try to think of stage fright in a positive way. Fear is not your enemy; it is your friend. It gives you motivation to prepare thoroughly, sharpens your reflexes, heightens your energy level and makes you more conscious of your posture and breathing. Harness it positively, and you can turn it into vitality and enthusiasm.

Indeed, what any audience wants to listen to is a well-prepared, honest speaker who believes in his message. But don't let those expectations intimidate you. Because even before you utter your first greeting, your audience will probably already have a positive impression of you. They probably admire and respect you for having the courage to speak publicly – something that they themselves may find daunting. So bear that in mind and hold your head up high.

How hypnosis can help

Of course, for some, the fear may run deeper, stemming from childhood experience. For instance, they may have

Nobody ever died of stage fright, but many people would rather die than speak in public

Say it with confidence!

received strange looks or giggles from classmates during a class presentation, and this negative response might have made a lasting impression. In such cases, it may be best to seek professional help to overcome this phobia.

Hypnosis may very well negate this effect. Visualisation during hypnosis can help you view the situation as non-stressful and enhance your confidence. Impressed upon your subconscious will be images of yourself relaxed, calm and coolly walking to the lectern. You will envision the audience smiling, nodding and applauding. On speech day, these positive triggers will enable your vision to materialise.

Hypnosis can also help you acquire better breathing techniques, which will help you to relax during the public presentation. It can help you attain mental clarity and a positive mental state as well.

With hypnosis, you too can enjoy speaking in public, writing your own speeches and presentations, and most importantly, getting your thoughts across in a calm, assertive and impressive manner. And when you hear that applause and see smiling faces, it will be the most wonderful feeling in the world ♥

This article is contributed by Dr Casey Chua, centre director of Hypnae Centre Pte Ltd.

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