

Confidence & Connection

How To Free Your Inner Public Speaker 1

self study e-book for budding public speakers



“Fabulous – it’s not just about public speaking – it’s about honest and real communication.”

BILLIE PARIS, FOUNDER, MORAL FIBRE

by Geraldine Barkworth

Goddess of
Public Speaking



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Read This First

Free Your Inner Public Speaker 1: *Confidence & Connection*

If you are a creative, intelligent, inventive professional, brilliantly capable in all areas of your life... except speaking with ease and authenticity in public... this e-book will show you how to get to know your inner public speaker. In 6 steps, *Confidence & Connection* shows you how to:

- Be coherent and clear about your purpose and message.
- Deepen your self-confidence, self-trust and self-belief.
- Develop a heart to heart connection with your audience.
- Be at ease with eye contact, pausing and silence.
- Manage speaking fears and develop inner calm.
- Think on your feet and stand your ground.
- Be fully present and authentic.
- Find your authentic voice.
- Give short impromptu talks.
- Introduce yourself in 30 compelling seconds.
- Identify your personal strengths and use to your advantage.
- Deepen your emotional intelligence and interpersonal communication skills.

Confidence & Connection uses short stories backed up by examples and practical exercises. An extra bonus is the inclusion of links to 4 x MP3 sound recordings, voiced by Geraldine Barkworth.

Who We Are

Since 2002, the director of Goddess of Public Speaking, [Geraldine Barkworth](#), has been coaching and training professionals who seek a greater sense of purpose and meaning in their life. She takes a respectful and powerful “softly, softly” approach, inviting you to honour who you truly are and connect from that place to your listeners. Geraldine knows from experience that speaking with presence, grace and authenticity attracts a natural flow of clients, income and new opportunities.



Geraldine has written 2 self-study e-books to help budding public speakers:

How To Free Your Inner Public Speaker 1: *Confidence & Connection*
How To Free Your Inner Public Speaker 2: *Crafting & Presenting*

Are you ready to free your inner speaker? Then let's start...

Get The Most From This E-Book

Print out this e-book so you can fill in the exercises and questions and keep a record of your progress and insights. Tick (✓) off each Practise Exercise in its box (☐) as you complete it.

It takes time to redefine the relationship between you and your old experience of “public speaking.” Many clients told me they found it useful to first read this e-book through, then go back to the beginning and work through each exercise to really transform their beliefs about “public speaking” for the long term.

Confidence & Connection e-book is divided into 6 progressive steps. Whether you read it while you prepare for your next speech, presentation or workshop or systematically over 6 – 12 weeks, I recommend you complete each step to achieve your personal public speaking quest.



In The Beginning...

1 In The Beginning...	2 Connection	3 Strengths	4 Challenges	5 Trust	6 Happily Ever After...
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“My heart starts to pound whenever I think of speaking at the next meeting. All those faces, all those eyes, what are they thinking? I feel both sick and tired and my mind is in a flurry about what to say. I worry whether I’ll go blank, forget my main point or make a bad impression.”

~ ANTHEA, NATURAL THERAPIST

Week 1 shows you how to begin your quest to free your inner public speaker. It involves setting a goal for yourself and invites you to challenge old fears about “public speaking” through relaxation exercises.

- What Is “Public Speaking” & Why Are So Many Afraid Of It?
- My Personal Public Speaking Quest Is...
- How To Handle Speaking Nerves

What Is “Public Speaking” & Why Are So Many Afraid Of It?

Whenever you have a conversation with anyone other than yourself, you are "public speaking". “Public speaking” doesn’t only mean giving formal speeches up on stage. It covers every kind of speaking and connecting situation you have with other human beings... talking via the phone, Skype, messaging, being with a small group, at a party, at a job interview, at the dinner table, in a meeting or presenting.

Public speaking fear is a common problem for many people. It’s caused by acute self-consciousness and a fear of being separate to everyone else. Sometimes it begins at an early age or is sparked by a specific traumatic event. It can affect anyone no matter how confident... and it can be changed for the better.

Many professionals hold themselves back from expanding personally and professionally, because of fears of speaking and presenting themselves in public. This limits self-confidence, career opportunities and attracting new clients. It can create feelings of frustration, struggle and working doubly hard at something you know you do really well... if only you had the skill and confidence to tell people about it.

WHAT IS BEHIND THE FEAR AND AVOIDANCE

Many people who avoid public speaking are fearful of their physiological response to fear, not the act of public speaking itself. In reaction to any kind of fear, threat, anxiety or stress, our bodies may respond with: A pounding heart and pulse, sweating or trembling, scattered or racing thoughts, unable to think logically, nausea or a feeling of passing out, desire to sleep or, run away, racing thoughts, often negative or anxious, feeling surreal, disconnected or a blank mind, anger, agitation, aggression or panic and overwhelm.

These are commonly reported reactions to public speaking. They are also the same symptoms of panic, fear, stress and anxiety. To spend your life avoiding public speaking because of a fear of these symptoms is like shooting the messenger.