



~~Conquer~~ Face Your Fear of Public Speaking

Presented by: R.J. Foster, Wordsmith

The most important element of personal and professional development is, for most of us, the most terrifying thing we can imagine...public speaking. Whether you're presenting a project report or approaching potential clients, the ability to effectively share ideas and insights is frequently hindered by an emotional response ranging from sweaty palms to panic attacks.

*"There are only two kinds of speakers. The nervous, and the liars."
~ Mark Twain*

There is a seemingly endless stream of products and programs claiming to have the secret to mastering speech anxiety. This is not one of them. This discussion will NOT eliminate your fear of being in front of an audience. This lively interactive discussion will, however, offer insights and advice to help you understand and face the fear like never before.

DISCUSSION TOPICS INCLUDE...

- WHAT IS *GLOSSOPHOBIA*?
- HOW DO YOU ELIMINATE IT?
(SPOILER ALERT: YOU CAN'T)
- HOW DO YOU FACE IT?
 - BAD ADVICE
 - GOOD ADVICE...FIVE STEPS TO A MORE
~~FEARLESS~~ CONFIDENT DELIVERY

You're always going to
be nervous.
It doesn't mean you can't
be amazing!

Contact R.J. Foster
at 920-540-3551 or
rj@wordsmithingbyfoster.com
to learn how!

R.J. combines over twenty years of international presentation development and training, award-winning content development, and unbridled enthusiasm to provide a unique perspective on message development and delivery. From crafting written communication materials to polishing presentation skills, R.J. takes business messaging to a new level. After all, he's a Wordsmith, forging messaging that sparks results!