

Diagnosis of Speaking in Public

When you speak before an audience...

- YES NO Do you get butterflies in your stomach?
- YES NO Does your heart rate increase tremendously?
- YES NO Do your palms get sweaty?
- YES NO Do you start thinking of excuses why you can't do it?
- YES NO Does your mouth become very dry?
- YES NO Do you begin to feel nauseous?
- YES NO Do you become afraid you will forget what to say?
- YES NO Do you start thinking you will fail to get your point across?

Let's change the way you think and feel when you are standing before an audience.