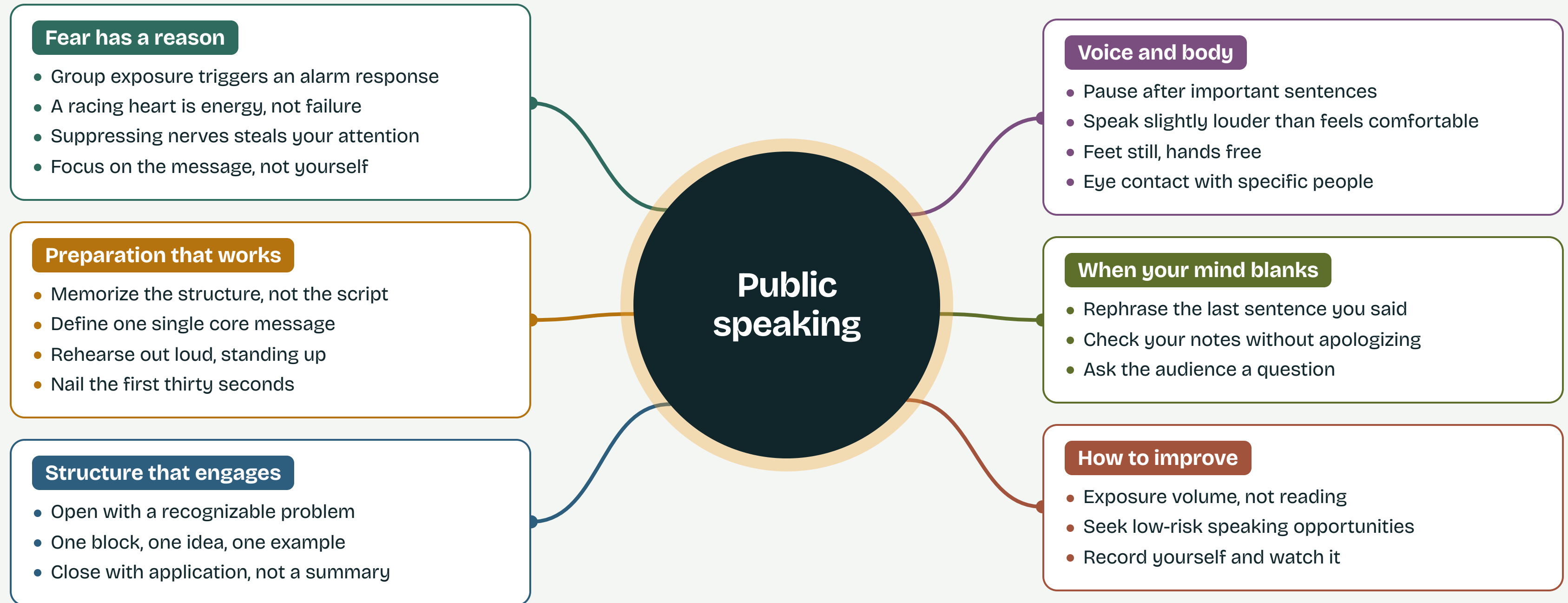


Public speaking: from fear to clear delivery



Action plan

1

Define your core message and memorize the structure

2

Rehearse out loud and standing, especially the opening

3

Anticipate the three most likely audience questions

4

Concentrate on what the audience needs to understand

5

Speak often and watch your own recordings

Key takeaway

You don't need to eliminate nerves: with structure and practice, they stop making decisions for you.