



The ECHO™ — Your Weekly Presentation Tip

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Glossing over Glossophobia

There is an old expression that if you name something, you have control over it. Well, then, here it is: Glossophobia is the ten-dollar word for good old- fashioned stage fright. What people experience prior to speaking is a variation on the "fight or flight" mechanism we all have. While we won't diminish it, most of us find that once we get going, those feelings dissipate.

- Start by getting into position, looking up and finding a friendly face.
- Pause, taking a good deep breath.
- Take everything out of your hands...let them gesture freely.

You'll be great!

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