



# Taming Adrenaline: Surefire Strategies for Overcoming Speaking Anxiety

Presented by  
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Author of *The Credibility Code*





















# Agenda

- On-the-spot remedies to minimize physical symptoms
- Long-term strategies to prepare for the future
- Tactics for managing your mindset



What triggers speaking anxiety?















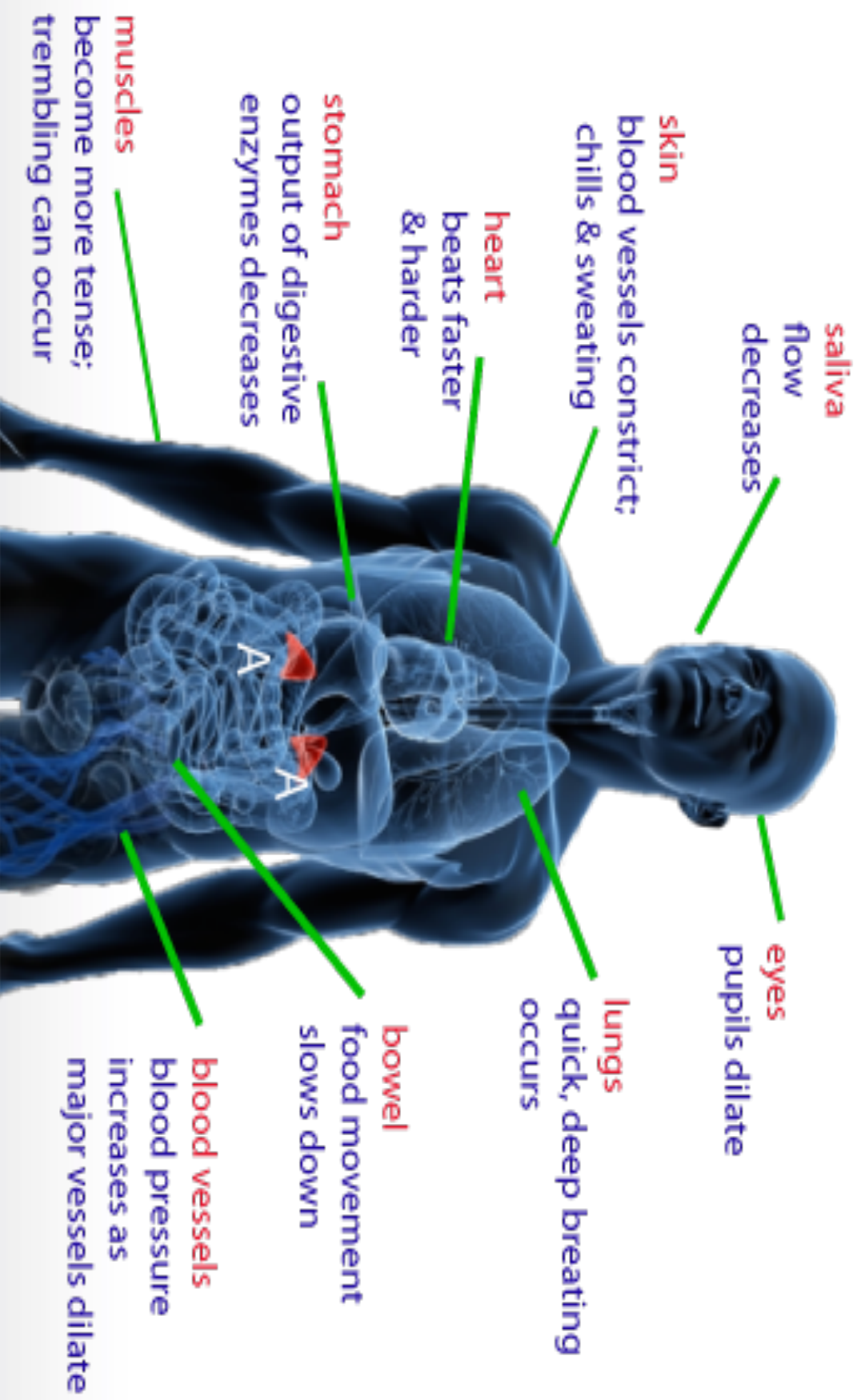








# The Fight or Flight Response













# Take Up Space



## Dominant Postures





## Low Power Positions

A seagull is shown in flight, positioned in the upper right quadrant of the frame. It is flying towards the left, with its wings spread wide. Below the bird is a large, billowing cloud that fills much of the lower half of the image. The sky is a mix of light blue and orange, suggesting a sunset or sunrise. The text "fake it till you make it" is written in a bold, black, sans-serif font with a white outline, positioned in the lower right quadrant of the image.

**fake it  
till you  
make it**















# Focus your eyes



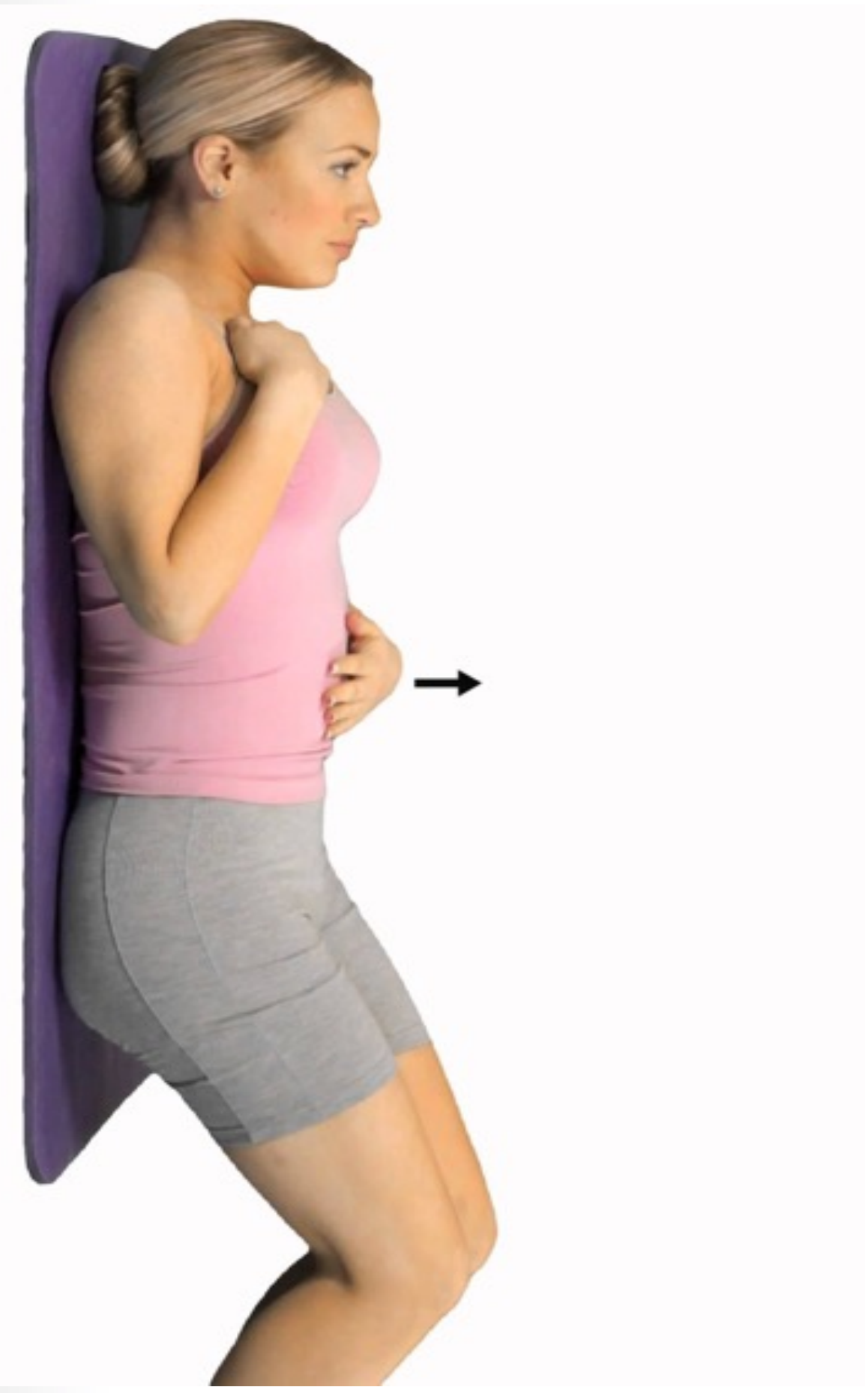






# Breathe



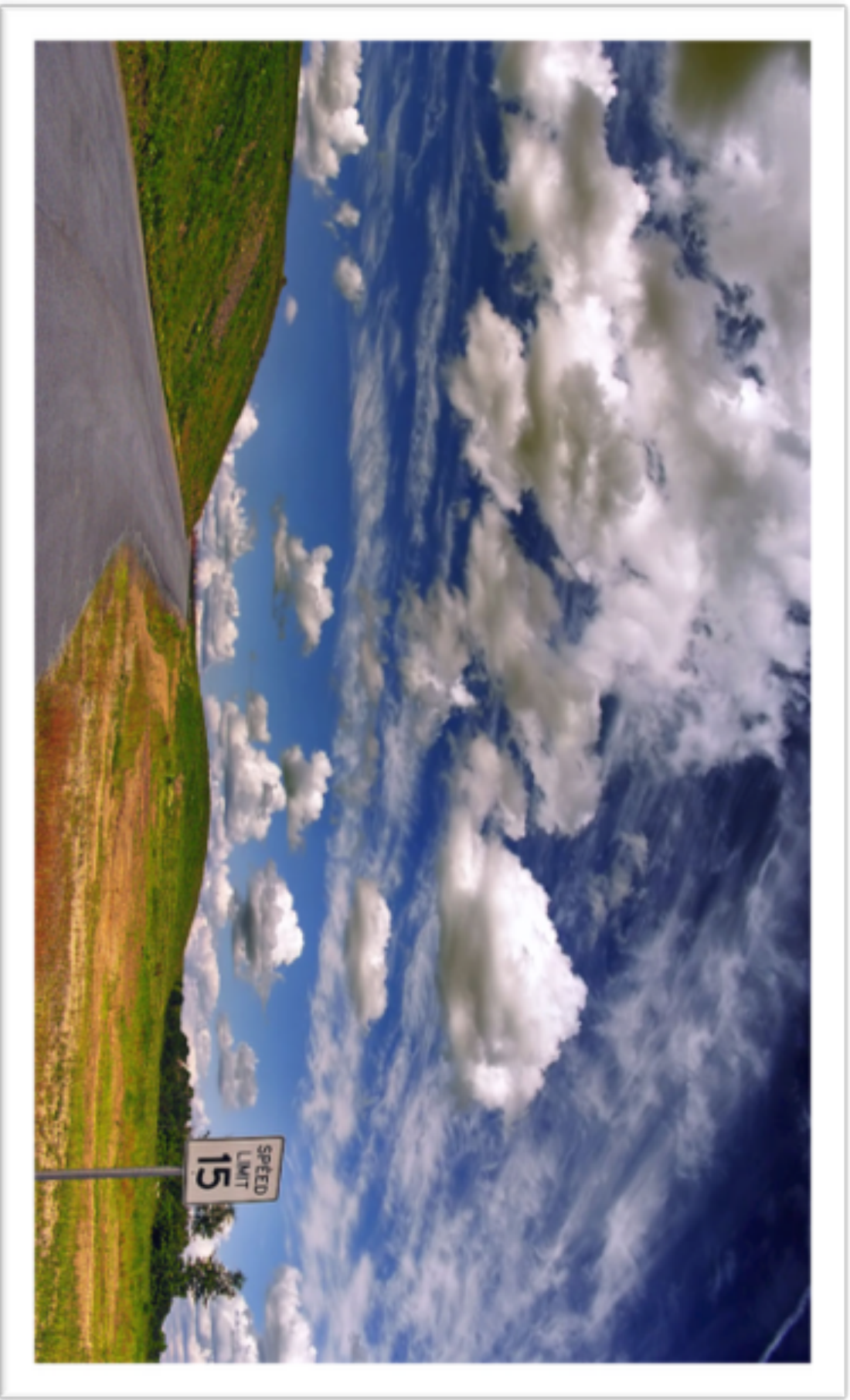















# Take your time

# “Snap Two!”





I grew up in Santa Rosa California which is about 50 miles north of San Francisco. 

One of the things I like about Santa Rosa is that from my perspective, it has perfect weather.  In the summertime it's nice and warm, and in the wintertime it gets chilly but it almost never snows. 



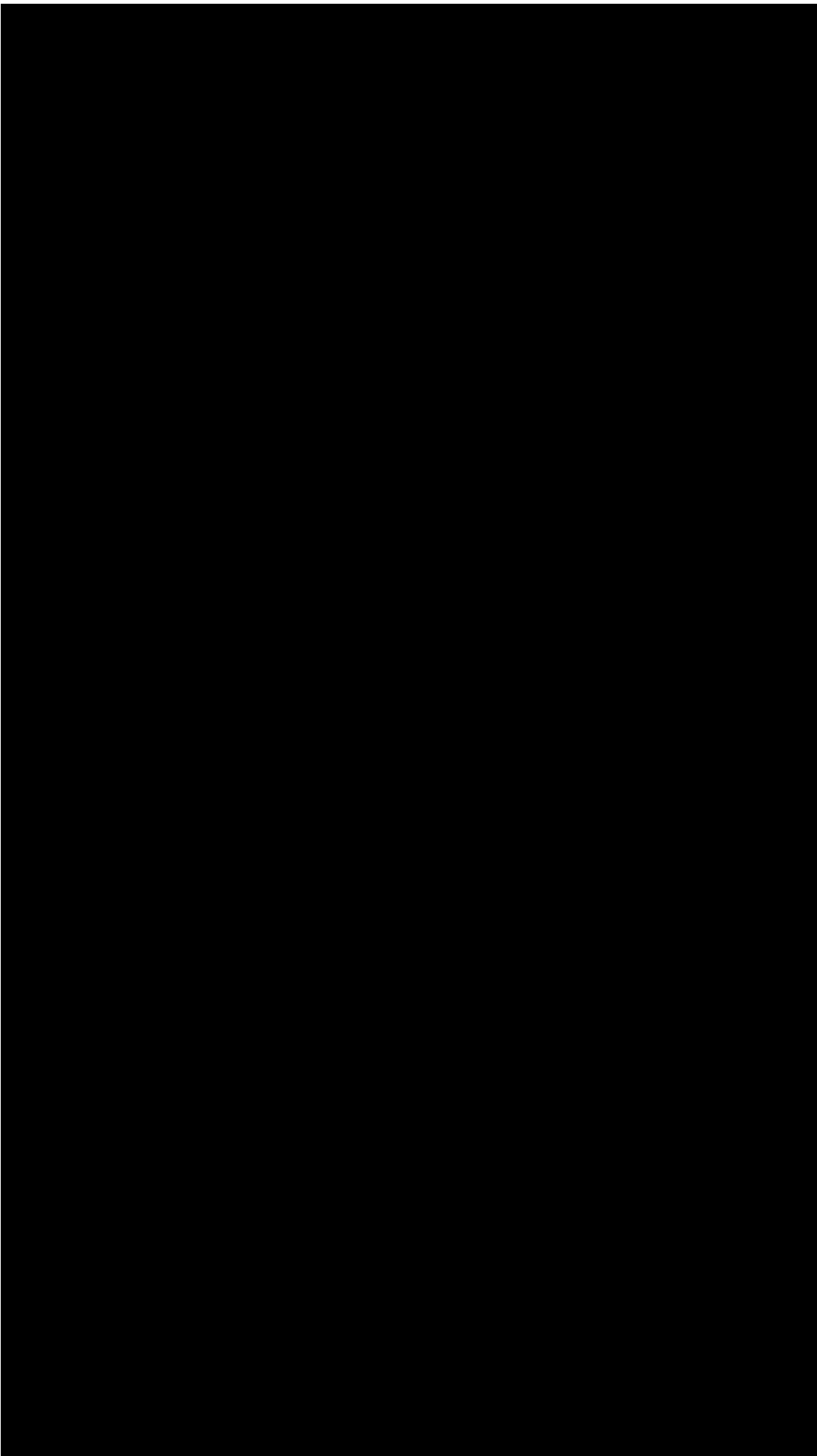




- ☐ Take up space
- ☐ Focus your eyes on the horizon
- ☐ Breathe
- ☐ Take your time



# The “Tells” of Nervousness and Intimidation







# Long-term Strategies



# BOSS

## Building

## On

## Small

## Successes

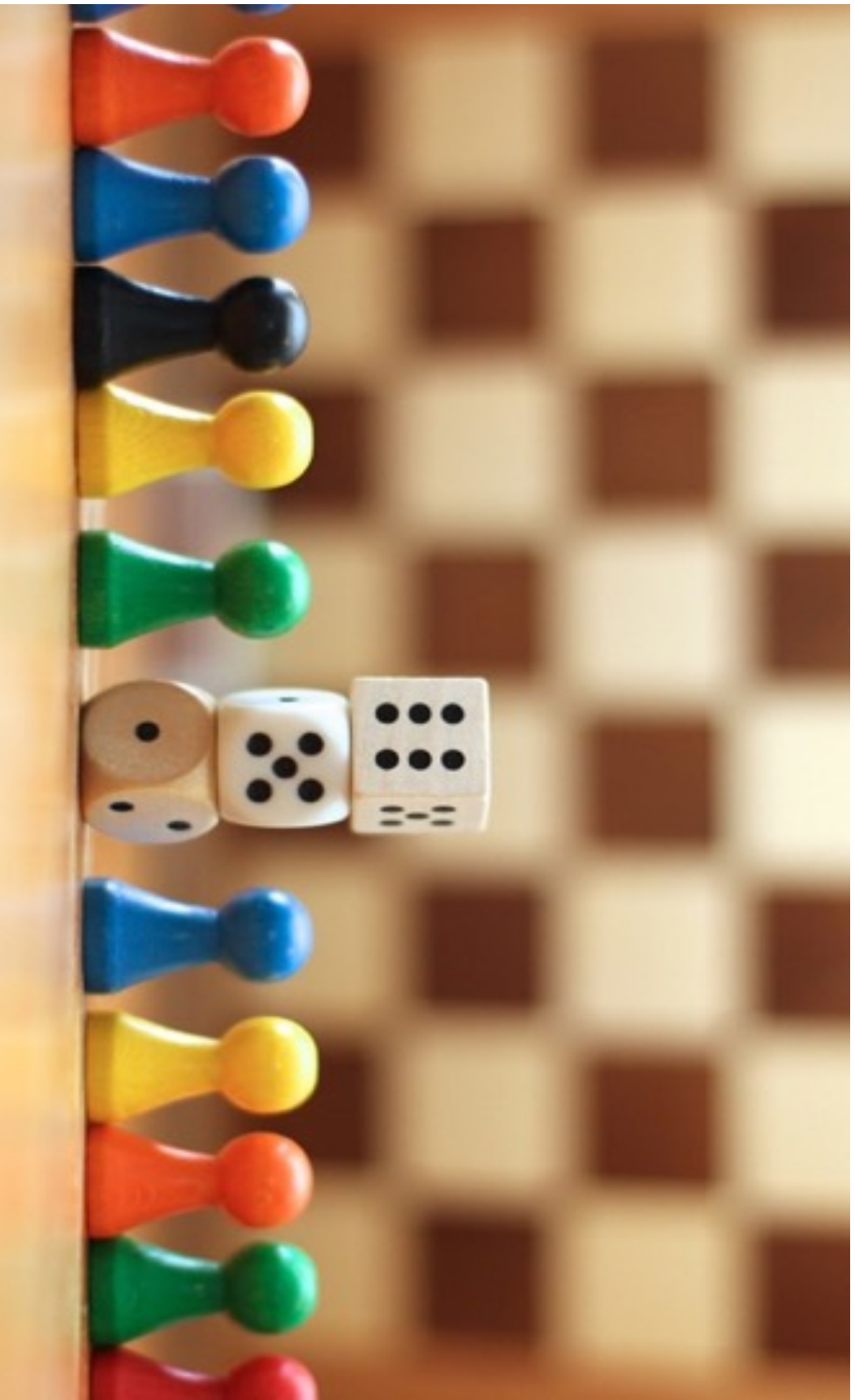






Download the free BOSS Checklist at  
[speechskills.com/free](https://speechskills.com/free)





# Play Impromptu Speaking Games



# SpeechSkills SoundBites Cards



Download a free sampler pack at  
[speechskills.com/free](http://speechskills.com/free)



# Master Your Skill Set





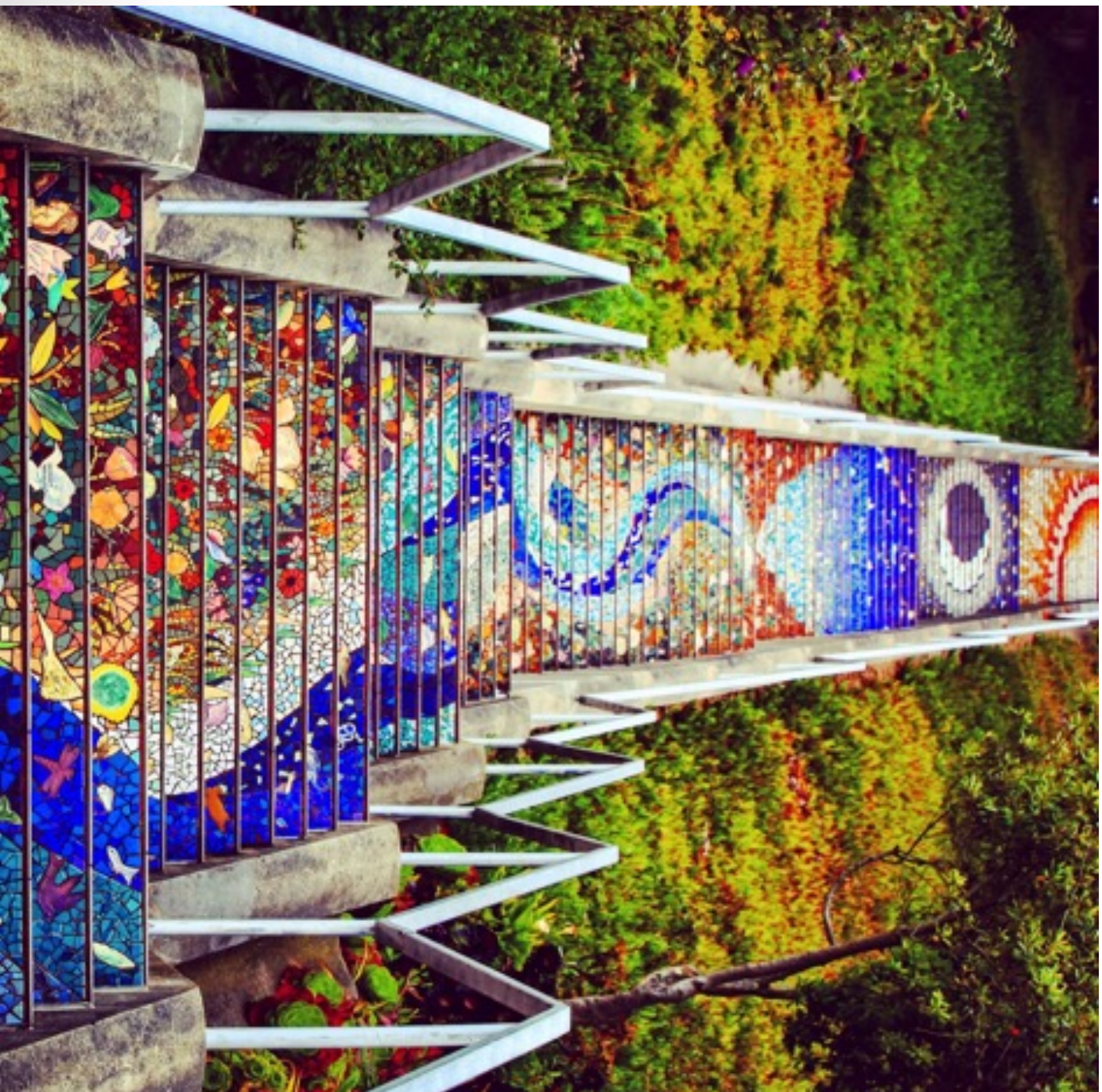


# The Credibility Code

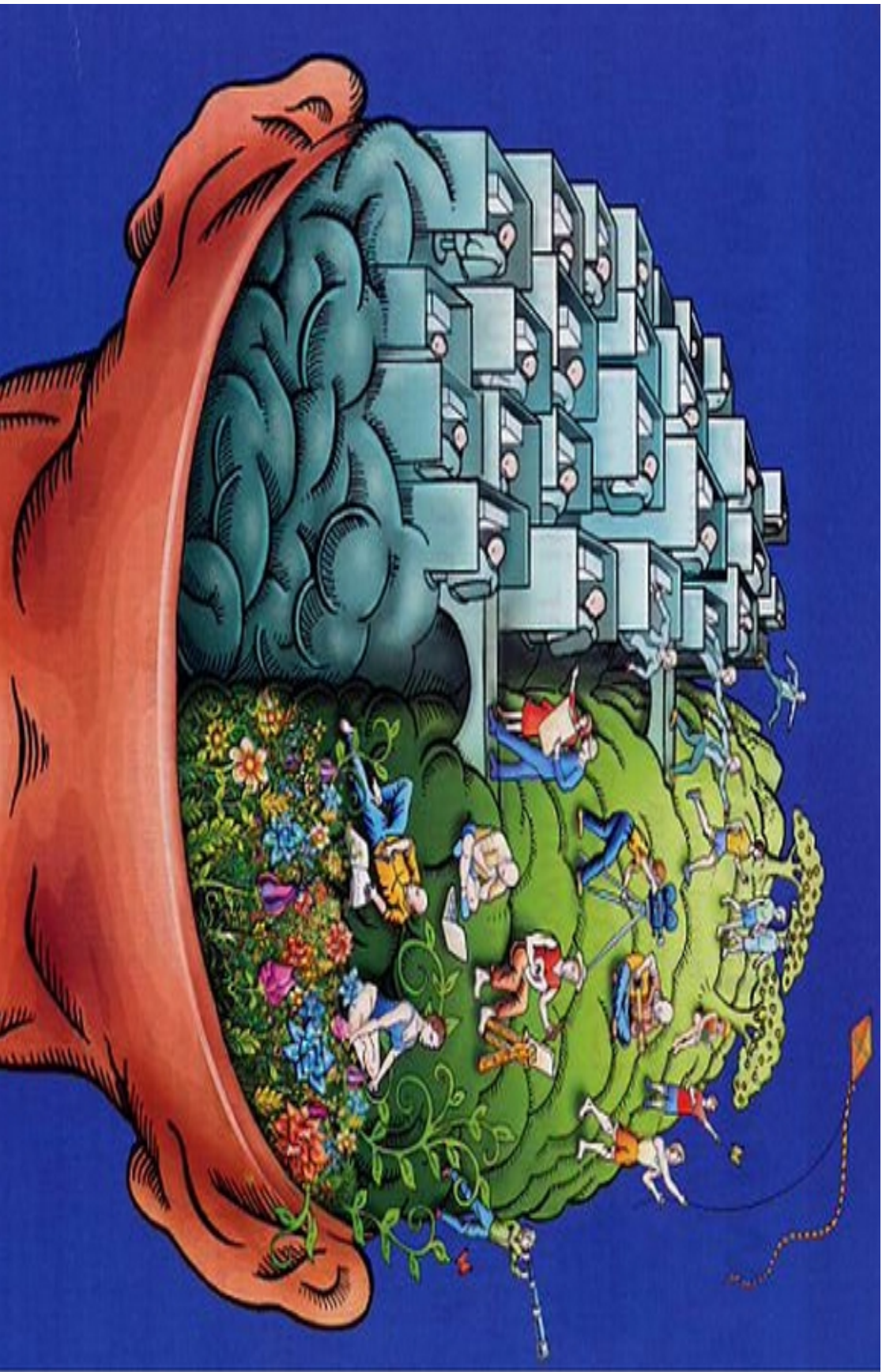












# Manage Your Mindset







Nervousness has nothing to do with your competency







Adrenaline isn't inherently negative









**Thanks for your time. Good luck!**  
**Cara Hale Alter**