



Conquer Public Speaking Anxiety with Positive Stress

Description

I recently went to Seattle to give a talk on persuasive speaking skills at Microsoft. The night before the event, I practiced my presentation in the actual room where I would be speaking. This kind of practice, under a bit of stress, is known as 'good stress' or 'eustress'. It can help improve your performance by reducing anxiety and boosting confidence.

Research shows that practicing under a small amount of stress can help you feel more comfortable when facing challenging situations. It's like learning to swim in the ocean before actually diving in. When I rehearsed at Microsoft, I discovered some important details about the setup that I wouldn't have known otherwise. This allowed me to adjust and feel more confident on the day of the presentation.

If you have an important presentation coming up, make sure to schedule practice sessions with some added stress. This will help you get used to unexpected challenges and feel more at ease when the time comes. Remember, the more you practice under pressure, the easier it will be to handle nerves and focus on delivering a great performance.

By adding a little stress to your practice routine, you can reduce anxiety and increase your confidence. And who knows, you might even start looking forward to your presentations! When you're having fun, your audience will enjoy it too.

Vocabulary List:

1. **Persuasive** /pər'sweɪ.sɪv/ (adjective): Able to convince someone to do or believe something.
2. **Performance** /pər'fɔːr.məns/ (noun): The act of presenting a play concert or other form of entertainment.
3. **Confidence** /'kɒn.fɪ.dəns/ (noun): The feeling or belief that one can have faith in or rely on someone or something.
4. **Anxiety** /æŋ'zaɪ.ə.ti/ (noun): A feeling of worry nervousness or unease about something with an uncertain outcome.
5. **Challenges** /'tʃæl.ɪn.dʒɪz/ (noun): Difficult tasks or situations that require a solution or effort.
6. **Eustress** /ju:'strɛs/ (noun): A positive form of stress that can help improve performance.

Comprehension Questions



Multiple Choice

1. What is the term used to describe the kind of practice under a bit of stress, as mentioned in the text?
Option: Bad stress
Option: Distress
Option: Eustress
Option: Stressful practice
2. Why is practicing under a small amount of stress beneficial according to research?
Option: It decreases performance
Option: It increases anxiety
Option: It boosts confidence
Option: It has no effect
3. What analogy is made in the text to describe practicing under stress?
Option: Playing in the park
Option: Learning to swim in the ocean
Option: Reading a book
Option: Watching television
4. Practicing under pressure can help in handling nerves and focusing on delivering a great performance. True or False?
Option: True
Option: False
5. What does the text suggest to do if you have an important presentation coming up?
Option: Avoid practice sessions
Option: Schedule practice sessions with added stress
Option: Take a break
Option: Don't prepare
6. According to the text, what can reducing anxiety and increasing confidence lead to during presentations?
Option: Audience boredom
Option: Audience enjoyment
Option: Technical difficulties
Option: Short presentation



True-False

- 7. Practicing under stress can reduce anxiety and increase confidence.
- 8. Practicing under a small amount of stress can make you feel less comfortable in challenging situations.
- 9. The text suggests that practicing under pressure can make it harder to focus during presentations.
- 10. Adding stress to your practice routine has no effect on anxiety levels.
- 11. Practicing under pressure can help in boosting confidence.
- 12. The text implies that practicing under stress can help in adjustments and increased confidence.

Gap-Fill

- 13. After practicing under stress, you can feel more at ease when facing _____ challenges.
- 14. The more you practice under pressure, the _____ it will be to handle nerves.
- 15. By adding stress to your practice routine, you can reduce _____ and increase confidence.
- 16. When you're having fun during presentations, your audience is likely to _____ it too.
- 17. Practicing under stress can lead to adjustments and increased _____.
- 18. If you have an important presentation, make sure to schedule practice sessions with some added _____.

Answer

Multiple Choice: 1. Eustress 2. It boosts confidence 3. Learning to swim in the ocean 4. True 5. Schedule practice sessions with added stress 6. Audience enjoyment

True-False: 7. True 8. False 9. False 10. False 11. True 12. True

Gap-Fill: 13. unexpected



14. easier 15. anxiety 16. enjoy 17. confidence 18. stress

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which type of speech aims to convince the audience to adopt a certain belief or take a specific action?
Option: Persuasive
Option: Performance
Option: Confidence
Option: Anxiety
2. Which term refers to new methods ideas or products that bring about positive change or improvement?
Option: Layoff
Option: Staggering
Option: Machinists
Option: Innovations
3. What is the type of stress that can be positive motivating and lead to personal growth?
Option: Affluent
Option: Disparities
Option: Eustress
Option: Necessities
4. What type of factory produces batteries at a large scale such as those used in electric vehicles?
Option: Environmentally
Option: Impending
Option: Layoff
Option: Gigafactory
5. Which term is used to describe a high-quality luxury product or service that commands a higher price?
Option: Struggling
Option: Staggering
Option: Premium
Option: Machinists
6. Which term refers to a feeling of worry nervousness or unease about something with an uncertain outcome?
Option: Persuasive
Option: Performance
Option: Confidence



Option: Anxiety

7. What are difficulties or obstacles that are faced on the path to achieving a goal or success?

Option: Eustress

Option: Affluent

Option: Disparities

Option: Challenges

8. Which term describes practices or actions that are friendly or safe for the natural world?

Option: Gourmet

Option: Discerning

Option: Environmentally

Option: Impending

9. What term describes having a great deal of money or wealth?

Option: Premium

Option: Struggling

Option: Affluent

Option: Staggering

10. Which term refers to the process of making or manufacturing goods on a large scale?

Option: Machinists

Option: Production

Option: Lounge

Option: Experience

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ is the belief in oneself and one's ability to succeed.

12. Prices that have been adjusted for _____ changes account for the impact of rising prices over time.

13. The sense of an _____ crisis caused widespread concern among the population.

14. The company announced a massive _____ that would affect hundreds of employees.

15. Despite _____ in the market the company remained determined to stay afloat.

16. The amount of revenue generated by the new product was truly _____.

17. Skilled _____ were essential in ensuring the proper function of the factory



equipment.

18. Having prior _____ in the field made her a valuable asset to the team.

19. The hotel was renowned for its exceptional _____ and top-notch service.

20. The restaurant prided itself on serving only the finest _____ dishes to its discerning customers.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. The anticipation of an upcoming promotion created a positive form of stress that motivated the employees to perform better.
22. The company's success was heavily dependent on the of its customers to choose their brand over competitors.
23. Electric vehicles often use batteries that contain as a key component for energy storage.
24. The hotel catered to a clientele who had high expectations for quality and service.
25. The market remained positive despite the recent economic downturn.
26. The company's ambitious expansion plans put it on a growth that would see it enter new markets.
27. The looming deadline caused a sense of among the team members as they rushed to complete the project.
28. Overcoming the various in the industry required innovative solutions and a determined mindset.
29. The dark clouds on the horizon gave a sense of doom as a storm approached.
30. The luxury brand offered a service that catered to clients seeking exclusivity and top-notch quality.

Answer

Multiple Choice: 1. Persuasive 2. Innovations 3. Eustress 4. Gigafactory 5. Premium 6. Anxiety 7. Challenges 8. Environmentally 9. Affluent 10. Production

Gap-Fill: 11. Confidence 12. Inflation-adjusted 13. Impending 14. Layoff 15. Struggling 16. Staggering 17. Machinists 18. Experience 19. Hospitality 20. Gourmet

Matching sentence: 1. Eustress



2. Reliance 3. Lithium 4. Discerning 5. Sentiment 6. Trajectory 7. Anxiety 8. Challenges 9. Impending
10. Premium

CATEGORY

1. Business - LEVEL3

Date Created

2024/10/21

Author

aimeeyoung99

ESL-NEWS.COM