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# Master Public Speaking Anxiety with Good Stress.

## Description

During my recent trip to Seattle, I had the opportunity to deliver a presentation on persuasive speaking skills to employees and senior executives at Microsoft. The night before the event, I eagerly accepted the chance to rehearse in the actual room where I would be presenting, as I believe that practicing under pressure can be beneficial.

Research distinguishes between 'eustress' and distress, with the former enhancing performance and the latter clouding our thinking and causing physical symptoms like sweaty palms and a racing heart. To build confidence and reduce anxiety when speaking in public, it is essential to minimize distress and increase eustress.

Surprisingly, scientific evidence suggests that intentionally adding a moderate amount of stress during preparation can help manage nerves and improve performance under pressure. By practicing swimming in the ocean before being thrown into it, one can better handle intense situations.

In my experience at Microsoft, rehearsing in the same room as the presentation allowed me to adjust to the recording setup and technical requirements. Familiarizing myself with the environment boosted my confidence and allowed me to focus on delivering a compelling performance.

For those who speak less frequently, scheduling rehearsals before important presentations is essential. By adding a touch of stress to practice sessions, you can reduce anxiety and increase confidence, ultimately leading to a more enjoyable experience for both you and your audience.

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## Vocabulary List:

1. **Eustress** /'ju:.stres/ (noun): A positive form of stress that can enhance performance.
2. **Distress** /dɪ'stres/ (noun): A negative form of stress that can interfere with performance.
3. **Rehearse** /rɪ'hɜ:rs/ (verb): To practice a performance or presentation in preparation.
4. **Confidence** /'kɒn.fɪ.dəns/ (noun): The belief in one's abilities or qualities.
5. **Manage** /'mæn.ɪdʒ/ (verb): To control or handle a situation or task.
6. **Compelling** /kəm'pelɪŋ/ (adjective): Evoking interest attention or admiration in a powerful way.

## Comprehension Questions



### Multiple Choice

1. What is one benefit of practicing under pressure according to the text?
  - Option: Increases distress
  - Option: Reduces anxiety
  - Option: Causes physical symptoms
  - Option: Clouds thinking
  
2. What did the author do the night before the presentation at Microsoft?
  - Option: Relaxed at the hotel
  - Option: Rehearsed in the presentation room
  - Option: Avoided practicing
  - Option: Rescheduled the event
  
3. According to research, what type of stress can enhance performance?
  - Option: Eustress
  - Option: Distress
  - Option: Anxiety
  - Option: Fear
  
4. Why is it important to familiarize yourself with the presentation environment?
  - Option: To increase distress
  - Option: To reduce eustress
  - Option: To boost confidence
  - Option: To cause physical symptoms
  
5. What can help manage nerves and improve performance under pressure?
  - Option: Avoiding stress
  - Option: Adding moderate stress
  - Option: Ignoring the environment
  - Option: Not practicing
  
6. Why is scheduling rehearsals before important presentations essential?
  - Option: To increase anxiety
  - Option: To avoid stress
  - Option: To reduce confidence
  - Option: To add a touch of stress for better performance



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### True-False

- 7. Practicing under pressure can be beneficial for public speaking skills.
- 8. Eustress can cloud thinking and cause physical symptoms.
- 9. Familiarizing yourself with the environment can boost confidence.
- 10. Adding moderate stress during preparation is not recommended.
- 11. Scheduling rehearsals can reduce anxiety and increase confidence.
- 12. Practicing under pressure always leads to a negative experience.

### Gap-Fill

- 13. To build confidence and reduce anxiety, it is essential to minimize distress and increase \_\_\_\_\_.
- 14. Scientific evidence suggests that practicing in the actual room of the presentation can help adjust to the \_\_\_\_\_ and requirements.
- 15. Adding a touch of stress during practice sessions can help reduce anxiety and increase \_\_\_\_\_.
- 16. According to research, stress level plays a role in performance; decreasing distress and increasing \_\_\_\_\_ can lead to better outcomes.
- 17. Rehearsing in the same room as the presentation can boost \_\_\_\_\_ and focus during the actual event.
- 18. Familiarizing oneself with the environment can help alleviate \_\_\_\_\_ and



nervousness.

## Answer

**Multiple Choice:** 1. Reduces anxiety 2. Rehearsed in the presentation room 3. Eustress 4. To boost confidence 5. Adding moderate stress 6. To add a touch of stress for better performance

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

**Gap-Fill:** 13. eustress 14. recording setup 15. confidence 18. anxiety

## Vocabulary quizzes

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

1. Which term refers to the ability to assess and initiate things independently?

Option: Initiative

Option: Economic

Option: Groundbreaking

Option: Ambitious

2. What term describes a great difference or inequality between two things?

Option: Surging

Option: Disparity

Option: Challenge

Option: Competitiveness

3. What term means reducing or eliminating carbon dioxide emissions?

Option: Affluent

Option: Decarbonize

Option: Revolutionize

Option: Manage

4. Which term describes positive stress that challenges and motivates an individual?

Option: Transformative

Option: Eustress

Option: Pedestrian-friendly

Option: Competitiveness

5. What term means to give new life energy or strength to something?

Option: Negotiate



- Option: Revitalize
- Option: Layoff
- Option: Discretionary

6. Which term refers to achieving maximum productivity with minimum wasted effort or expense?

- Option: Sentiment
- Option: Efficient
- Option: Rehearse
- Option: Provisions

7. What term describes a significant change that has a profound impact on something or someone?

- Option: Pedestrian-friendly
- Option: Transformative
- Option: Manage
- Option: Negotiate

8. Which term refers to the ability to be more successful than others in a given competitive field?

- Option: Revolutionize
- Option: Competitiveness
- Option: Groundbreaking
- Option: Ambitious

9. Which term describes having a strong desire and determination to succeed?

- Option: Initiative
- Option: Ambitious
- Option: Provisions
- Option: Sentiment

10. Which term refers to the action of providing or supplying something for use?

- Option: Rehearse
- Option: Disparity
- Option: Provisions
- Option: Economic

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

11. The new technology introduced by the company was \_\_\_\_\_ in its approach.

12. The recent economic downturn led to a significant \_\_\_\_\_ in the company.

13. She was able to successfully \_\_\_\_\_ a better deal for the team.



14. The new software has the potential to \_\_\_\_\_ the way businesses operate.
15. It is important to regularly \_\_\_\_\_ our strategies to ensure we are on the right path.
16. Overcoming this obstacle will be a significant \_\_\_\_\_ for the team.
17. Effective time management is crucial for productivity and success. Learning to \_\_\_\_\_  
time well is key.
18. Employees have access to a \_\_\_\_\_ bonus based on their performance.
19. The company faced challenges due to changing \_\_\_\_\_ conditions.
20. The team's positive \_\_\_\_\_ after the win boosted morale within the organization.

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

21. The city implemented better crosswalks and traffic signals to make the area more .
22. The upscale neighborhood was known for its residents and luxurious homes.
23. Sales have been since the new advertising campaign was launched.
24. The city plans to the old industrial area into a vibrant cultural district.
25. The project's goals were seen as too by some but the team was determined to succeed.
26. The new system streamlined processes and made the workflow more .
27. The country's high on imported goods made it vulnerable to supply chain disruptions.
28. The speaker delivered a argument that persuaded many to support the cause.
29. The community effort aimed to the neglected park and make it a hub for outdoor activities.
30. By optimizing resources the company was able to operate more ly and increase profits.

## Answer

**Multiple Choice:** 1. Initiative 2. Disparity 3. Decarbonize 4. Eustress 5. Revitalize 6. Efficient 7. Transformative



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8. Competitiveness 9. Ambitious 10. Provisions

**Gap-Fill:** 11. Groundbreaking 12. Layoff 13. Negotiate 14. Revolutionize 15. Reevaluate 16. Challenge  
17. Manage 18. Discretionary 19. Economic 20. Sentiment

**Matching sentence:** 1. Pedestrian-friendly 2. Affluent 3. Surging 4. Transform 5. Ambitious 6. Efficient  
7. Dependency 8. Compelling 9. Revitalize 10. Efficient

## CATEGORY

1. Business - LEVEL4

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