



Overcome Public Speaking Anxiety with Positive Stress

Description

I went to Seattle to teach people at Microsoft how to speak convincingly. Before the event, I practiced my speech in the same room. This helps me get used to the stress of speaking in front of people. Good stress makes you perform better, while bad stress can make you nervous.

To feel more confident and less anxious when speaking in public, it's good to practice under a little bit of stress. Research shows that learning how to handle pressure can prevent mistakes during important moments.

Add Stress to Manage Nerves

Practicing under a small amount of stress helps you feel calm when it's time to perform. It's like practicing swimming in the ocean before actually swimming in the ocean—not in a pool.

When I rehearsed at Microsoft, I learned important things about the setup. Knowing these details ahead of time helped me feel more relaxed and enjoy the presentation.

By practicing under a little stress, I felt less nervous and more prepared for the real event. So, if you have an important speech coming up, make sure to practice with a little bit of stress to boost your confidence!

Vocabulary List:

1. **Convincingly** /kən'vɪn.sɪŋ.li/ (adverb): In a way that causes someone to believe that something is true.
2. **Anxious** /'æŋk.jəs/ (adjective): Experiencing worry or unease.
3. **Pressure** /'prɛʃər/ (noun): The exertion of force upon an object.
4. **Rehearsed** /rɪ'hɪrst/ (verb): Practiced a speech performance or presentation ahead of time.
5. **Relaxed** /rɪ'læksd/ (adjective): Free from tension and anxiety.
6. **Prepared** /prɪ'pɛrd/ (adjective): Ready for what is to come or for a specific purpose.

Comprehension Questions

Multiple Choice



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1. Why does practicing under a little bit of stress help in public speaking?
 - Option: It helps in performing better
 - Option: It makes you more nervous
 - Option: It decreases confidence
 - Option: It has no effect

 2. What can prevent mistakes during important moments, according to research?
 - Option: Practicing under high stress
 - Option: Learning how to handle pressure
 - Option: Avoiding practice under stress
 - Option: Not preparing at all

 3. Why is it compared to swimming in the ocean in the content?
 - Option: To highlight the importance of swimming
 - Option: To emphasize the need for a pool
 - Option: To relate it to a common experience
 - Option: To discourage public speaking

 4. What did the speaker learn about the setup when rehearsing at Microsoft?
 - Option: Nothing important
 - Option: Irrelevant details
 - Option: Important details
 - Option: Setup information was not mentioned

 5. How did practicing under stress affect the speaker's nerves?
 - Option: Increased nervousness
 - Option: No change in nerves
 - Option: Less nervous and more prepared
 - Option: Made the speaker overly relaxed

 6. What is the recommended approach for boosting confidence before an important speech?
 - Option: Avoid all stress
 - Option: Practice without stress
 - Option: Practice with a little bit of stress
 - Option: Overwhelm oneself with stress

True-False



7. Practicing under a small amount of stress can help in feeling calm when performing.
8. Research shows that bad stress is beneficial for public speaking.
9. The speaker felt more nervous after practicing under a little stress.
10. It is recommended to avoid practicing under stress before an important presentation.
11. Handling pressure can prevent mistakes during critical moments.
12. Practicing speech in the actual event room is advised for reducing anxiety.

Gap-Fill

13. By practicing under a little stress, the speaker felt less _____ and more prepared for the real event.
14. Practicing under stress helps in boosting _____ before important speeches.
15. Research suggests that learning to handle pressure can prevent mistakes during critical _____.
16. Knowing important details about the presentation setup ahead of time helps in feeling more _____.
17. The speaker went to Microsoft to teach people how to speak _____.
18. Practicing under a small amount of stress is compared to practicing swimming in the _____ before doing it in the ocean.

Answer

Multiple Choice: 1. It helps in performing better 2. Learning how to handle pressure 3. To relate it to a common experience 4. Important details 5. Less nervous and more prepared 6. Practice with a little bit of stress

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

Gap-Fill: 13. nervous



14. confidence 15. moments 16. relaxed 17. convincingly 18. ocean

Vocabulary quizzes

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

1. Which word describes a feeling of worry, nervousness, or unease about something with an uncertain outcome?

- Option: prepared
- Option: relaxed
- Option: anxious
- Option: convincingly

2. Which term refers to the system of production, distribution, and consumption of goods and services in a particular region or country?

- Option: layoff
- Option: quarter
- Option: economy
- Option: conference

3. Which word is commonly associated with matters related to money, banking, and investments?

- Option: competitive
- Option: intelligence
- Option: financial
- Option: transition

4. Which term signifies increases in financial profits or positive outcomes?

- Option: struggling
- Option: gains
- Option: achievements
- Option: networking

5. What activity involves building and cultivating relationships with other professionals for mutual benefit?

- Option: inspiring
- Option: networking
- Option: competitive
- Option: quater

6. Which term describes individuals who start their own business ventures with innovative ideas?

- Option: layoff
- Option: struggling



Option: entrepreneurs

Option: competitive

7. Which word indicates being ready or equipped with necessary knowledge or skills for a particular situation?

Option: anxious

Option: prepared

Option: rehearsed

Option: afford

8. What is the term for achieving a desired aim or result?

Option: pressure

Option: success

Option: layoff

Option: transition

9. Which word describes the stress or urgency of a situation demanding immediate action or attention?

Option: stable

Option: pressure

Option: clueless

Option: intelligence

10. Which term represents facing difficulties or challenges in making progress?

Option: economy

Option: struggling

Option: transition

Option: intelligence

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

11. Not everyone can _____ to buy luxury items.

12. It is important to have a _____ income for financial security.

13. Facing _____ can lead to personal growth and development.

14. Many employees were affected by the recent company _____.

15. In a _____ environment, companies strive to outperform each other.

16. Strategic decisions require a high level of _____ and analysis.



17. The company is undergoing a period of _____ to adapt to market changes.
18. The speaker sounded overly _____ and lacked authenticity.
19. The charity event was a grand _____ with many influential guests.
20. The industry _____ brought together experts from around the world.

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

21. The keynote speaker delivered a speech that motivated the audience to pursue their dreams.
22. The team celebrated their hard-earned successes and recognized individual accomplishments.
23. The workers decided to go on a strike to protest against unfair labor practices.
24. The company reported positive financial results for the second of the year.
25. Without prior knowledge or information, she felt completely lost and during the presentation.
26. Developing a clear business is crucial for long-term success.
27. The film received rave reviews from both critics and the viewing .
28. Establishing financial is key to weathering economic uncertainties.
29. She argued her case , persuading the jury of her innocence.
30. The company is undergoing a major following a change in leadership.

Answer

Multiple Choice: 1. anxious 2. economy 3. financial 4. gains 5. networking 6. entrepreneurs 7. prepared 8. success 9. pressure 10. struggling

Gap-Fill: 11. afford 12. stable 13. challenges 14. layoff 15. competitive 16. intelligence 17. transition 18. rehearsed 19. gala 20. conference

Matching sentence: 1. inspiring 2. achievements 3. strike 4. quarter 5. clueless 6. strategy 7. audience 8. stability 9. convincingly 10. transition

CATEGORY

1. Business - LEVEL2



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