



Transform Stress into Confidence: Conquering Public Speaking Anxiety

Description

I just came back from Seattle. I gave a talk about speaking skills to people at Microsoft. The event organizers asked if I wanted to practice my talk the night before. I said yes because I like to practice under 'good stress.'

Good stress helps you do better. Bad stress makes you feel anxious and can cause problems like sweaty hands and a fast heartbeat.

To feel more confident and less anxious, try to have more good stress and less bad stress.

Research shows that practicing under a little stress helps you feel ready when you perform. When you practice with some pressure, real performances feel easier.

At Microsoft, I practiced in the same room where I would speak. This helped me learn important things:

- It was recorded by a film crew.
- My screen was on my left side.
- Some video sound needed to be louder.
- I had to control the microphone carefully.
- I used a different clicker for my slides.
- I saw my slides on a monitor in front of me.

Practicing helped me feel confident and have fun. If you practice often, you will also feel good about your presentations.

Vocabulary List:

1. **Confidence** /'kɒn.fɪ.dəns/ (noun): The feeling or belief that one can rely on someone or something; firm trust.
2. **Anxious** /'æŋk.jəs/ (adjective): Experiencing worry, unease or nervousness.
3. **Performance** /pə'fɔːr.məns/ (noun): The act of presenting a play, concert or other form of entertainment.
4. **Pressure** /'preʃ.ər/ (noun): The continuous physical force exerted on or against an object.
5. **Organizers** /'ɔːr.gə.nɪ.zərs/ (noun): People who arrange and coordinate an event or activity.
6. **Practice** /'præktɪs/ (verb): To perform an activity or exercise repeatedly or regularly in order to improve or maintain proficiency.

Comprehension Questions



Multiple Choice

1. Why did the speaker practice their talk the night before?

- Option: To reduce anxiety
- Option: To experience good stress
- Option: To have fun
- Option: To meet the event organizers

2. What can bad stress cause?

- Option: Increased confidence
- Option: Sweaty hands
- Option: Improved speaking skills
- Option: Relaxed heartbeat

3. According to research, how does practicing under a little stress help?

- Option: It increases anxiety
- Option: It improves performance readiness
- Option: It causes panic attacks
- Option: It hampers real performances

4. Where did the speaker practice at Microsoft?

- Option: In the same room as the event organizers
- Option: In a different building
- Option: In front of the Microsoft team
- Option: In the room where they would speak

5. What did the speaker see on their left side during practice?

- Option: Their own reflection
- Option: A blank wall
- Option: Their slides on the screen
- Option: The film crew recording

6. What did the speaker use to control their slides?

- Option: Microphone
- Option: Clicker
- Option: Monitor
- Option: Laptop



True-False

7. Good stress can help you perform better.
8. Practicing under pressure can make real performances feel harder.
9. The speaker practiced in a room different from where they would speak.
10. The speaker encountered technical issues during practice.
11. Practicing helps build confidence.
12. The event organizers did not offer the speaker a chance to practice before the event.

Gap-Fill

13. Practicing under good stress helps you do _____.
14. The speaker saw their slides on a monitor in _____ of them.
15. Research shows that practicing under a little stress helps you feel _____ when you perform.
16. To feel more confident and less anxious, try to have more good stress and less bad _____.
17. The speaker used a different clicker for their _____.
18. Practicing helps the speaker feel _____ and have fun.

Answer

Multiple Choice: 1. To experience good stress 2. Sweaty hands 3. It improves performance readiness 4. In the room where they would speak 5. Their slides on the screen 6. Clicker

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

Gap-Fill: 13. better 14. front 15. ready 16. stress 17. slides 18. confident



Vocabulary quizzes

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

1. Which of the following is a key factor in overcoming self-doubt?
Option: A. Anxious
Option: B. Practice
Option: C. Economy
Option: D. Collaborating
2. What is the act of committing money or capital to an endeavor with the expectation of obtaining an additional income or profit?
Option: A. Spending
Option: B. Meditation
Option: C. Investment
Option: D. Collaboration
3. Which step is crucial in improving performance and learning from mistakes?
Option: A. Forgive
Option: B. Feedback
Option: C. Struggle
Option: D. Opponents
4. What can hinder one's ability to perform well under stressful situations?
Option: A. Prepare
Option: B. Emotions
Option: C. Pressure
Option: D. Economy
5. Which program is typically designed to provide intensive training for a specific purpose?
Option: A. Bootcamp
Option: B. Collaboration
Option: C. Sustainability
Option: D. Practice
6. Who is a person who starts a business and is willing to risk loss in order to make money?
Option: A. Investors
Option: B. Advisors
Option: C. Entrepreneurs
Option: D. Organizers



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7. Which skill is essential for managing events and activities effectively?
Option: A. Anxious
Option: B. Organize
Option: C. Investors
Option: D. Meditation
8. What is necessary for success and performance in any field?
Option: A. Struggle
Option: B. Confidence
Option: C. Preparation
Option: D. Collaboration
9. What is important for setting the tone of an event or gathering?
Option: A. Practice
Option: B. Feedback
Option: C. Economy
Option: D. Reception
10. Which term often describes the process of growth and development towards a goal?
Option: A. Anxious
Option: B. Journey
Option: C. Spending
Option: D. Struggle

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

11. Consistent _____ is vital for mastering any skill.
12. Building self-_____ takes time and effort.
13. Successful projects often involve strong _____ among team members.
14. Understanding the principles of _____ is key to financial stability.
15. Startups often seek funding from venture capitalists and angel _____.
16. Many successful individuals attribute their focus and clarity to daily _____ practices.
17. Managing your _____ can impact decision-making in high-pressure situations.



18. Learning to _____ oneself is crucial for personal growth and resilience.
19. Businesses are increasingly focusing on environmental _____ for long-term success.
20. Regular feedback can help improve overall _____ in various endeavors.
21. Competing against skilled _____ can push individuals to enhance their abilities.

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

22. Many athletes thrive under and use it to fuel their performance.
23. Overcoming challenges and persevering through can lead to personal growth.
24. Constructive is valuable for continuous improvement in any field.
25. Successful events rely on skilled and efficient to ensure smooth operations.
26. Making wise financial can lead to future prosperity and growth.
27. Maintaining a mindset can help individuals overcome obstacles.
28. An often takes calculated risks to bring innovative ideas to life.
29. Thorough is key to performing well under pressure.
30. Experienced can provide valuable guidance in navigating complex decisions.
31. among team members leads to innovative solutions and effective outcomes.

Answer

Multiple Choice: 1. B. Practice 2. C. Investment 3. B. Feedback 4. C. Pressure 5. A. Bootcamp 6. C. Entrepreneurs 7. B. Organize 8. C. Preparation 9. D. Reception 10. B. Journey

Gap-Fill: 11. practice 12. confidence 13. collaboration 14. economy 15. investors 16. meditation 17. emotions 18. forgive 19. sustainability 20. performance 21. opponents

Matching sentence: 1. pressure 2. struggle 3. feedback 4. organizers 5. investment 6. positive 7. entrepreneur 8. preparation 9. advisors 10. Collaboration

CATEGORY

1. Business - LEVEL1



Date Created

2024/10/21

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