

Calming Your Nerves Before a Speech

1. Push on the wall.
2. Power pose (aka The Wonderwoman stance).
3. Take a few deep breaths.
4. Practice by yourself AND in front of others.
5. Arrive early. The last thing you want to worry about is being late!
6. Think positive thoughts or adopt a mantra for success.
7. Remember that being nervous is normal. Even after years of experience, many presenters still get nervous.
8. Visit the CommLab for help from a Peer Leader.