

Do you have any tips to get over the "butterflies or fear of public speaking" before talking to a large group?

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What a powerful question, and one I am asked frequently. Fear of public speaking has been documented as the second biggest fear of Americans, the first one being death. Just because you DJ for a living does not necessarily mean you are a natural presenter or that you can approach the audience with a fearless sense of ease. It is a common cycle...the more worried about your performance you are, the bigger the fear gets as the performance time approaches. What can be done to break out of this fear driven place and slide smoothly into a place of excitement and fun when speaking to groups of strangers? The good news is that anyone can overcome their fear of public speaking with a few simple strategies.

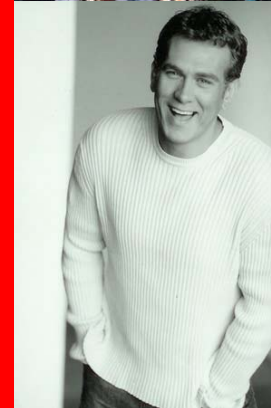
Re-Create your Focus

What are you focusing on when speaking? Are you thinking about how they may judge you, and how they will react? The bottom line is nervousness and self-consciousness usually happens when we are focused on insecurities about ourselves. Instead, focus your attention on the overall outcome and what you have to offer the audience.

For example, if I am asked to speak to thousands of people for a conference, I do not focus on what they may think of me or their opinion of who I am. Instead, I stay focused on the achievable outcome that I promised the client. If I am there to teach the audience specific skills that can change their lives and businesses, my focus is so completely locked on presenting that information and helping them grow and achieve that I completely forget to be nervous. If I am to DJ a wedding, I focus on the experience that I want the Bride and Groom, their families and the guests to leave with. I talk to everyone as if they are friends of mine and not strangers. This way of thinking brings out honest conversation and alleviates fear. Instead of focusing on me and my performance, I focus on them, and what I have to offer them. The next time you are about to perform, restate to yourself the important outcome that you want to achieve, and you'll feel much more at ease before, and throughout the process.

I hope this helps. If not you could always try the old school method of picturing them all in their underwear. However, I tried this once and my mother was in the audience. I am still trying to recover from that one.

Todd Mitchem



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