

SPEAK WITH NO FEAR

**Go From a Nervous, Nauseated, and Sweaty Speaker
to an Excited, Energized, and Passionate Presenter**

MIKE ACKER

MIKE ACKER is a leadership and communications coach. He is president and lead coach/speaker at ADVANCE, where he works with companies like Microsoft, INOPPS, Diace Designs and E-Bay. Mike Acker has more than 18 years of experience in giving keynote presentations, leadership development, and organizational management. Mike Acker has given presentations to groups of 10 to 10,000. In 2014, he became chairman of GO on the Mission, a non-profit which works to lift kids out of poverty in Senegal and Mexico. Mike Acker is a graduate of Northwest University and Wayne State College.

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ISBN 978-1-77544-981-2

MAIN IDEA

Does the thought of speaking to a large group (or even a small group) cause you to break out in a sweat? If so, welcome to the human race. Everyone has a fear of public speaking at first. You're not alone.



However, you don't have to stay that way forever. There are 7 strategies you can use to overcome your fear and ultimately become a polished public speaker. It won't happen instantaneously, but if you keep working at it, you will get there.

"Whatever your situation currently is, I understand. I used to get sweaty, nervous, and nauseated even to small groups. Now, I have had the chance to speak to 3,000 people at civic engagements, lead leadership workshops, speak to several thousand people at a megachurch, engage audiences of kids and youth, speak at churches of many sizes, and many more events. I promise you that you can do this. You can speak with no fear. Where you are is not where you have to be. Don't wait any longer. One day turns into one week. One week turns into a month, into a year, into a decade, and into a lifetime. Don't let life pass you by while you wrestle with the same old enemy of fear. Do something about it. Take action today. Begin to read. Begin to learn these strategies. Start now."

– Mike Acker

"Courage is not the absence of fear, but the mastery of it."

– Mark Twain



STRATEGY #1	UNCOVER & CLEAN THE WOUND
STRATEGY #2	IMAGINE THE WORST
STRATEGY #3	YOU BE YOU, GROW INTO YOU
STRATEGY #4	SPEAK TO THE ONE
STRATEGY #5	IT'S NOT ABOUT YOU
STRATEGY #6	CHANNEL THE POWER
STRATEGY #7	BE IN THE MOMENT

STRATEGY #1 – UNCOVER & CLEAN THE WOUND Page 2

Don't try and cover your public speaking fears with band-aids. It won't work. Instead, uncover and then clean your wound. Figure out why you're nervous and deal with it.

STRATEGY #2 – IMAGINE THE WORST Page 3

Imagine that everything goes wrong in your upcoming speech and it's an utter disaster. Figure out how you will deal with your emotions in advance and control the situation.

STRATEGY #3 – YOU BE YOU, GROW INTO YOU Page 4

Accept that you're going to deliver your speech in a way which aligns with your personality and get comfortable with that. Use that trait as an integral part of your speech.

STRATEGY #4 – SPEAK TO ONE Page 5

Remind yourself that a crowd is really just a large number of individuals. If possible, meet some of them, and then when you go on stage, talk to those few you know.

STRATEGY #5 – IT'S NOT ABOUT YOU Page 6

The people in the crowd are less concerned about you than you may realize. Even when you're speaking, they're not thinking about you so relax. Serve them without being worried.

STRATEGY #6 – CHANNEL THE POWER Page 7

Don't try and get rid of all nervousness when you speak. Instead, channel your stress and nervousness into obsessing over creating a positive outcome. That's a worthwhile aim.

STRATEGY #7 – BE IN THE MOMENT Page 8

Enjoy any and all public speaking opportunities you get. Be in the moment rather than worrying about what went wrong in your buildup. Have fun and you'll ace it.

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