

SPEAK WITH NO FEAR

by:

Ma. Angelica S. Cruz

Teacher II, Orani National High School, Parang-Parang

Everyone, regardless of profession, should be able to communicate effectively in a variety of situations. Despite their expertise in their field of work, professionals worldwide struggle due to lack of good public speaking skills. As a result, it is critical for students to develop professional competitiveness, conquer their fear of public speaking before moving on from academics to professional life.

Most people were not born public speakers; they are trained to become one. When they are placed in settings where they are the center of attention and must address an audience, they experience fear and anxiety, which can lead to nausea and heavy sweating. Most of them attempt to avoid having to perform or talk in front of an audience, but when it is necessary, they are distressed. Such persons must understand that they are not the only ones who can feel these emotions; in fact, practically every speaker feels the same way. It is important that people recognize that there are more nervous speakers in the world than there are non-nervous speakers.

Students can overcome this obstacle by practicing with small groups of peers before moving on to larger audience. Many learners are timid or fearful of speaking in front of their classmates or other people they know, but this can be remedied by rehearsing a lot of times. This will boost their self-esteem and help them cope with their anxiety.

Anxiety is described as a feeling of unease caused by the anticipation of something threatening. Anxiety disorders are among the most prevalent mental problems encountered by public presenters. Students who experience anxiety about speaking in

public seek to avoid circumstances in which they must perform, but when they do, they experience severe distress and worry. These issues can act as a hindrance to reaching one's personal and professional goals; as a result, students must build good public speaking abilities in order to gain confidence.

The demand for public speaking skills is growing, because as people advance in their careers, they are more likely to present and talk at meetings, seminars, and conferences, as well as share their opinions on the topics at hand. When they have to speak in front of an audience, however, some people become restless and have sleeping problems owing to public speaking anxiety. Many authors have studied the causes and reasons for public speaking anxiety and have devised a variety of recommendations and ways for dealing with such situations and overcoming this fear. Whatever strategy is used to eliminate public speaking phobia, students must be properly trained as early as elementary to be better public speakers as this will serve as their weapon to communicate effectively to the people in the professional world.

References:

Why Public Speaking is Important | SkillsYouNeed

Importance of Public Speaking: Oral Communication for Students | Houghton Mifflin Harcourt (hnhco.com)