



Episode 34 : Tricks And Tips For Public Speaking

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**Meet phenomenal host, Fiona Cutts, and join her on the magical journey and hear how she changed from being paralysed by shyness to shining with exuberance as an international facilitator, empowering others to create a greater life than they ever thought possible.**

In this episode, Fiona talks about her earlier challenges with public speaking and shares with us her first tip to help us step into shining beyond shy when we are talking to a group of people.

### **Key messages:**

- When we aren't committed or things are uncomfortable for us, when we don't have the courage to do whatever it takes to do them, we avoid doing them
- Although we do need to be prepared if we have particular information to share, it's not planning that's the problem
- Over planning, over analysing, trying to be someone, something we are not, makes up panic and so tense that we can't speak
- We need to fire our minds as the essence to giving a good public talk does not lie in our minds

- Being in a relaxed state automatically takes us beyond our minds and we can be ourselves with ease

## Tools and Questions

*When you are thinking that someone who is younger and less experienced than you shouldn't be in the position they are, everything that that brings up, will you destroy and uncreate it?*

Right and wrong, good and bad, POD and POC, all 9, shorts, boys and beyonds®.

*What energy space, consciousness and choice, magic, miracles and possibilities can me and my body to be relaxation with total ease?*

*Anything that doesn't allow that, will you destroy and uncreate it?*

Right and wrong, good and bad, POD and POC, all 9, shorts, boys and beyonds®.

## Resources:

- > [Mastering Public Speaking Without Fear](#)
- > [Episode 23: Relaxation](#)
- > [Episode 24: What If Your Mind Doesn't Have The Answers](#)
- > [Access Consciousness®](#)
- > [Access Consciousness Clearing Statement®](#)

Do get in touch with Fiona if you have any questions or would like to suggest a topic for a future Podcast.