



Episode 35 : **More Tips and Tricks 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 reminds us that 75% of people are afraid of speaking in public. and shares with us more of her tips and tricks for public speaking that help us “build the muscle” and truly get us beyond the terror of standing up in front of a crowd.

### **Key messages:**

- “Dress for success”- dress in the way a successful person would be dressed giving that talk
- “Expand out” - and release the contraction of our infinite beings, making it easier to be on stage
- “Have a quick jump” (or a run, dance, exercise) to dispel the built up tension in our bodies before we have to give a talk
- “Invite in relaxation’ - and release the anxiety around our presentations

- “Who does it belong to?” - be crystal clear that that feeling of anxiety is not ours and be willing to continue no matter what because we actually CAN, we CAN carry on and just keep going

## **Tools and Questions**

*Before giving a talk, ask yourself to expand out around the room you are in, round the town, the city, the village you're in, round the country you're in, and out, round the planet.*

*What energy, space, consciousness and choice, magic, miracles, mysteries and possibilities can you and your body be to be the relaxation you truly be?*

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

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

*And anytime just ask, Hey, I'll have some relaxation now, please?*

*When you're feeling afraid or anxious ask, is it even mine?*

*And follow with please go back to sender with consciousness attached.*

## **Resources:**

> Download your free resource - [5 Steps to Overcoming Shyness wherever you are](#)

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