



## Episode 54 : **Afraid or More Excited Than Ever Before?**

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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 has a conversation with Peter George, public speaking coach and author. Peter tells us that being shy is not debilitating, it's just something you have to work with and shares with us some tips to find a way to be a comfortable, confident and credible public speaker.

### **Key messages:**

- Public speaking is not about getting up and talking, it's about communicating with our audience
- Focusing on the audience takes the pressure off ourselves
- Being shy or introverted doesn't have anything to do with public speaking
- If people criticise us, that's their problem, not ours
- If everybody likes us, we're not challenging enough

**Resources:**

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

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