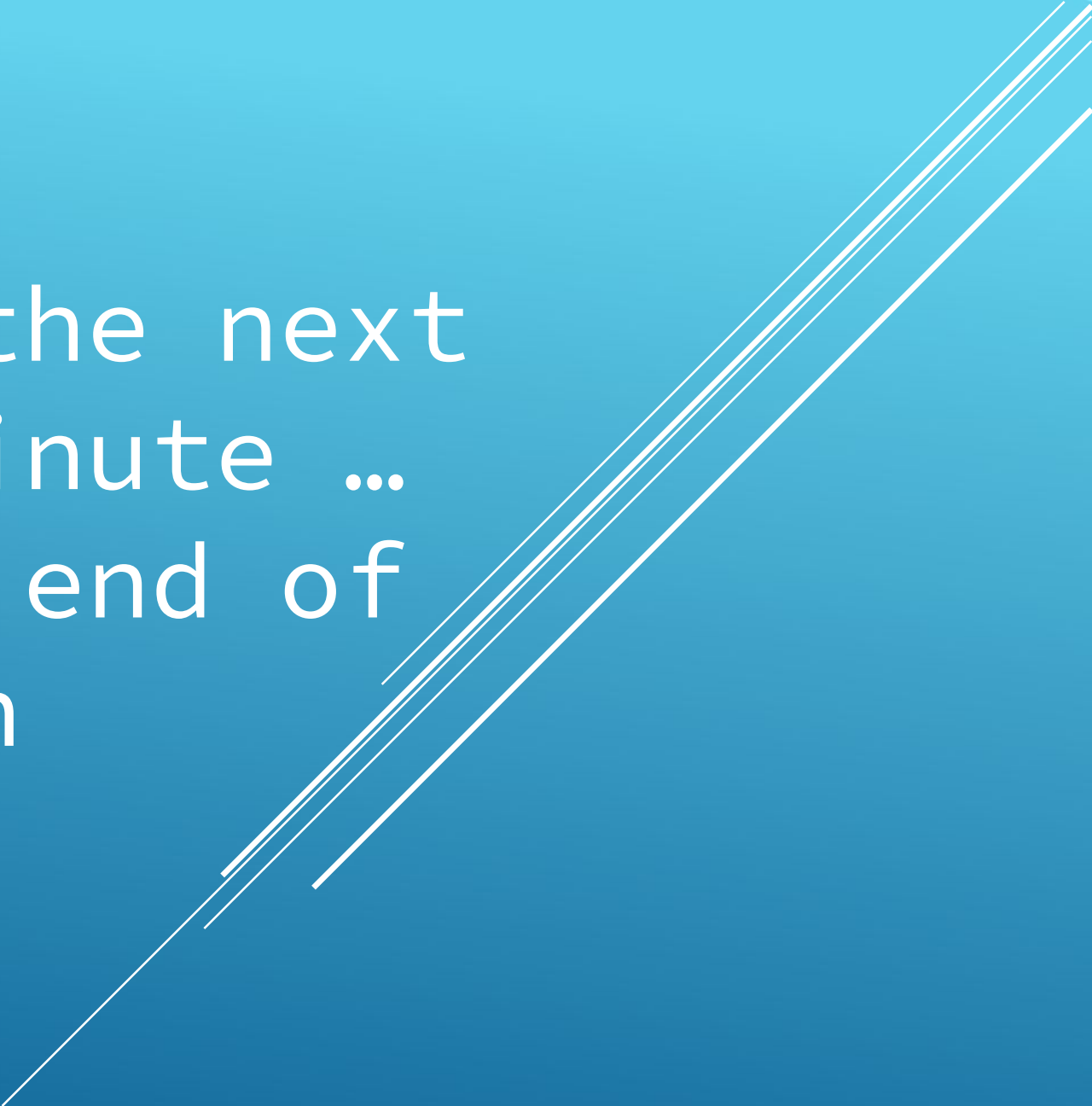


Subliminal barriers to Public Speaking: How to Manage 'em & Improve Presentation Skills



Please look at the next
slide for one minute ...
question at the end of
the presentation

A decorative graphic consisting of several parallel white lines of varying thicknesses, slanted diagonally from the bottom-left towards the top-right, located in the lower right quadrant of the slide.



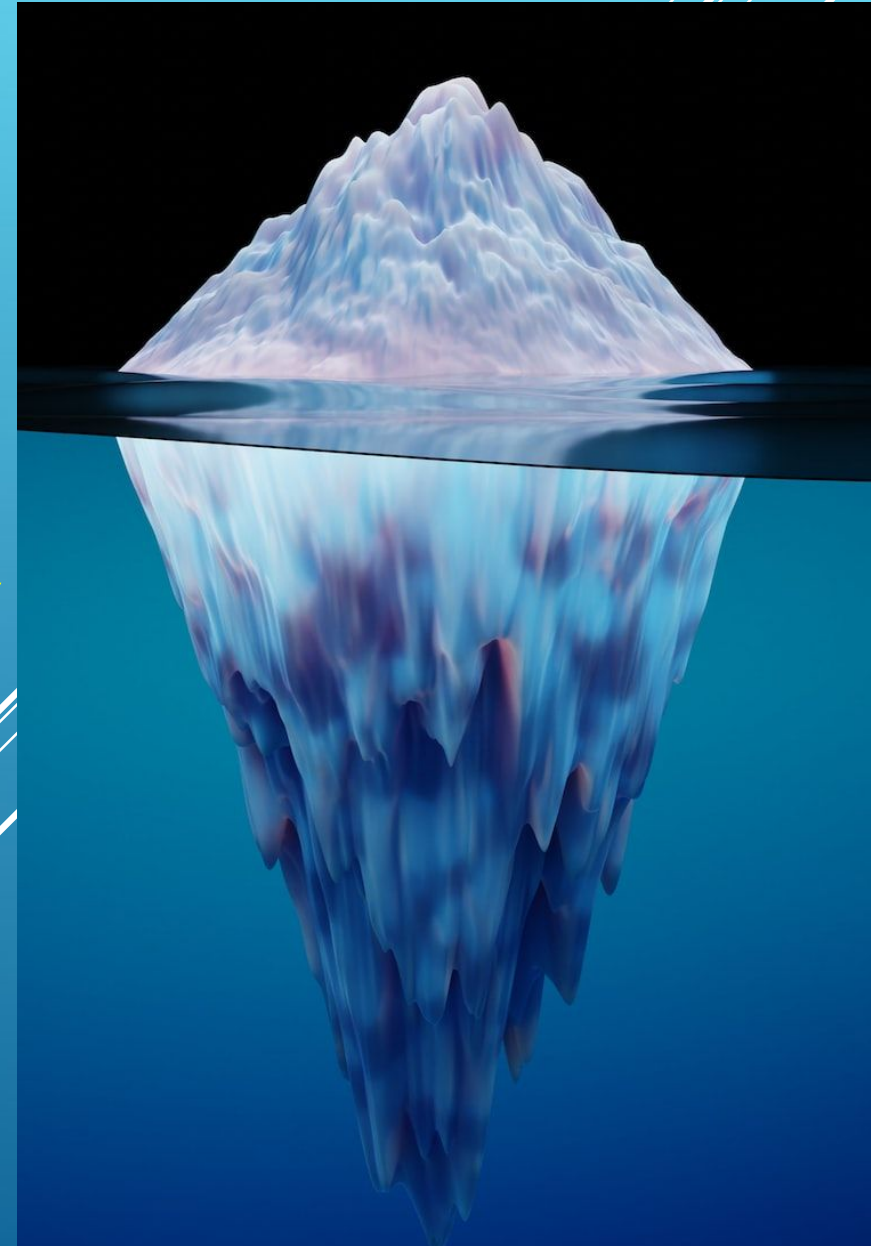


555:

- ✓ 5 Master's Degrees
- ✓ 5 Universities
- ✓ 5 Countries

OUR AIM TODAY: WHY?

- ✓ PS = Iceberg
- ✓ **Talk** about the subliminal factors involved in public speaking
- ✓ **Understand** their origins & **WHY** they impact public speaking
- ✓ **Learn** how to manage 'em and improve our public speaking/presentation skills



DO YOU FEAR PUBLIC SPEAKING?

The image features a solid blue background with a gradient from light to dark. In the top left, the text 'DO YOU FEAR PUBLIC SPEAKING?' is written in white, uppercase, sans-serif font. In the bottom right corner, there are several white, parallel diagonal lines of varying lengths and thicknesses, creating a dynamic, abstract graphic element.

DO YOU FEAR PUBLIC SPEAKING?

Research
shows that
fear of PS
is worse
than fear
of death

DO YOU FEAR PUBLIC SPEAKING?

104 *K. K. Dwyer & M. M. Davidson*

Table 1 Responses to Research Question 1: Everybody Has Fears About Some Things

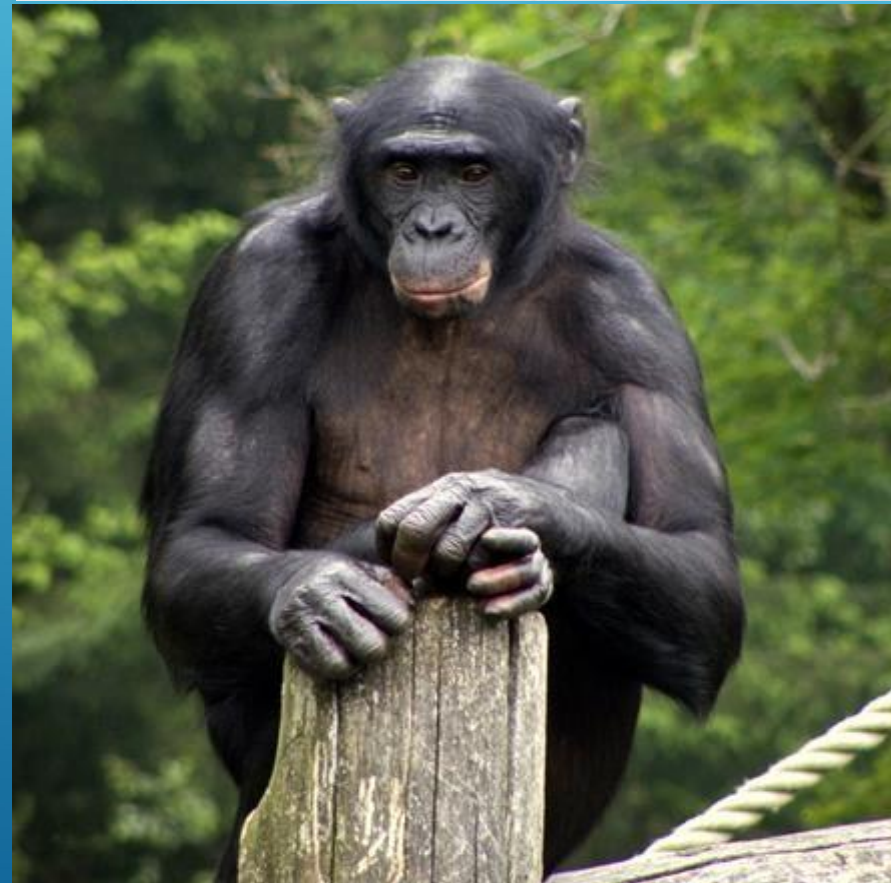
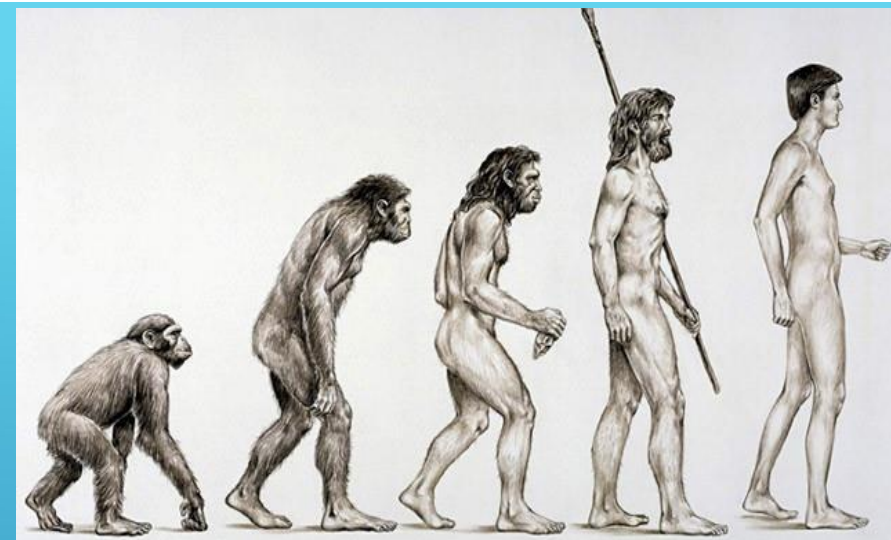
Common Fears	2010 Findings					1973 Bruskin Associate's Findings		
	Ranking ^a	<i>n</i>	%	% Men ^b	% Women ^c	Ranking ^d	<i>n</i>	%
Speaking before a group	1	503	61.7	57.2	65.9	1	1,032	40.6
Financial problems	2	447	54.8	52.1	58.0	4	559	22.0
Death	3	352	43.2	40.1	46.8	7	476	18.7
Loneliness	4	312	38.3	35.3	40.3	9	346	13.6
Heights	5	307	37.7	36.1	39.1	2	814	32.0
Insects & bugs	6	294	33.4	33.8	42.2	3	562	22.1
Deep water	7	222	27.2	19.5	34.8	5	547	21.5
Darkness	8	172	21.1	11.5	30.0	12	201	7.9
Sickness	9	154	18.9	17.9	20.4	6	478	18.8
Flying	10	68	8.3	4.8	11.3	8	465	18.3
Elevators	11	66	8.0	4.5	10.8	13	193	7.6
Driving riding car	12	34	4.2	3.2	5.0	11	224	8.8
Dogs	13	25	3.1	1.6	4.3	10	285	11.2
Escalators	14	22	2.7	1.0	4.1	14	122	4.8

Research shows that fear of PS is worse than fear of death

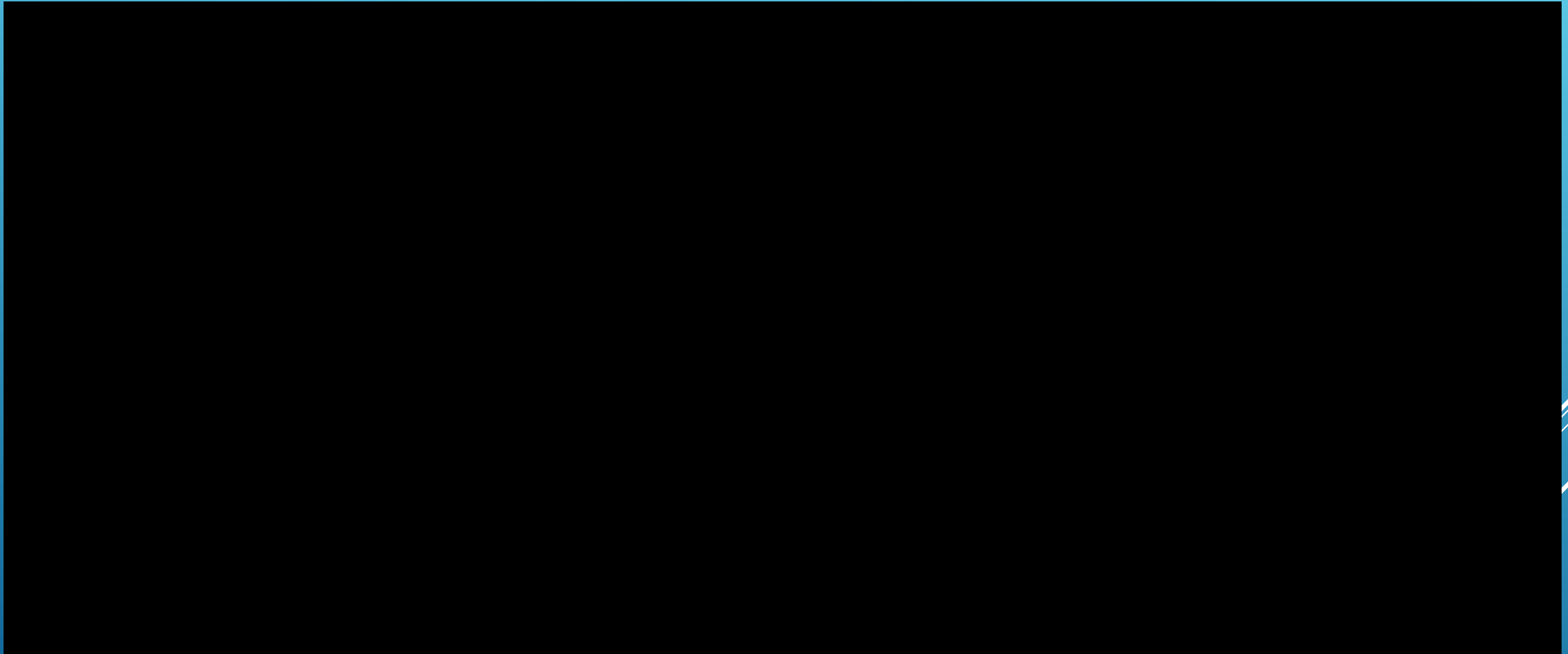
WHY FEAR PS?

- Why fear PS when we speak all the time?
- **Chat GPT**: Fear of rejection; Fear of failure; Performance anxiety; Past negative experiences etc.
- It's nothing to do with you ...

- The answer is in our **Evolution**
- PS triggers something called FFR
- **FFR**: Fight Flight Reflex/ Response
- **What is FFR?**

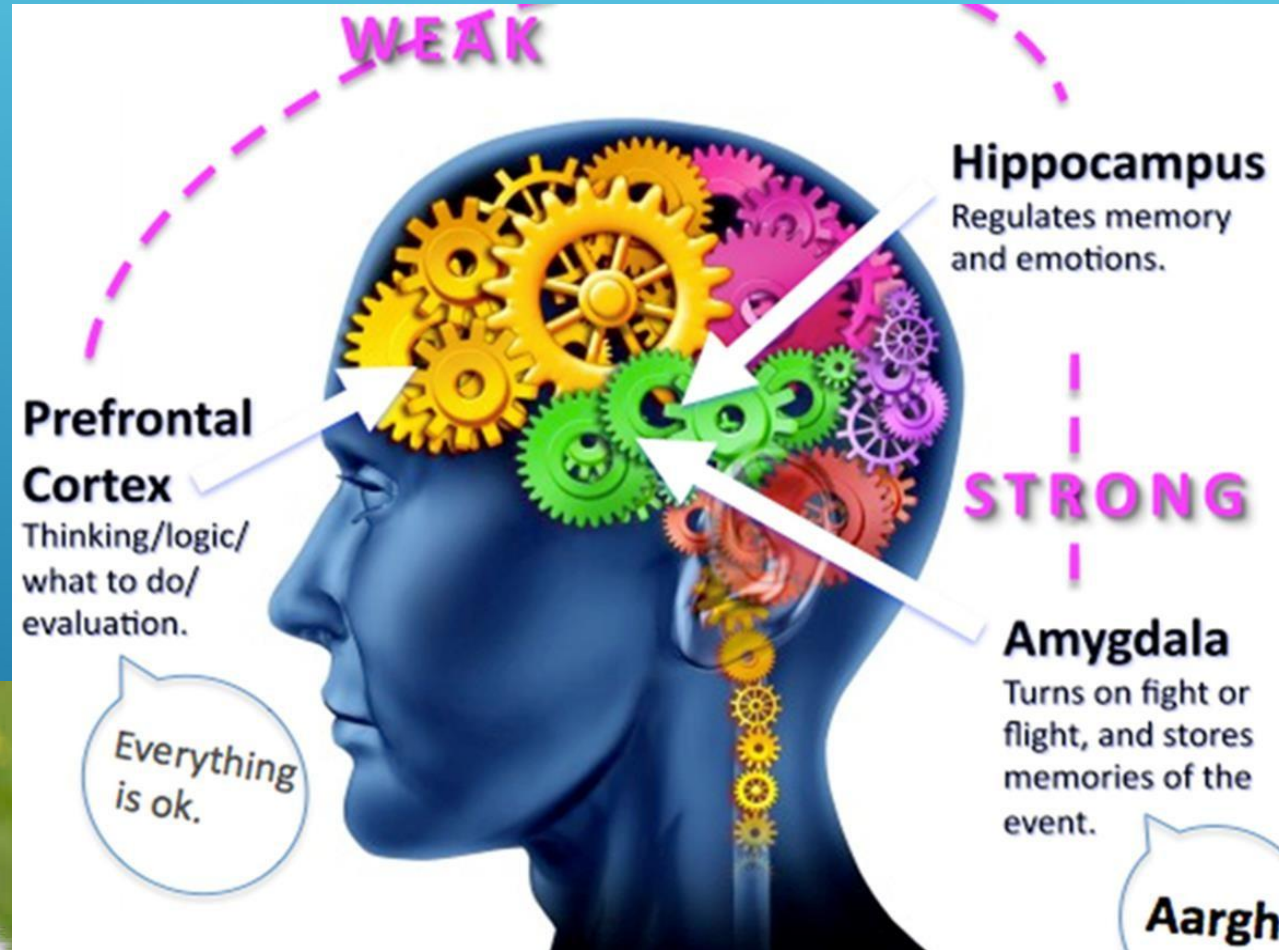


FEAR FLIGHT REFLEX/ RESPONSE



[Why PS is worse than death]

FEAR FLIGHT REFLEX/ RESPONSE

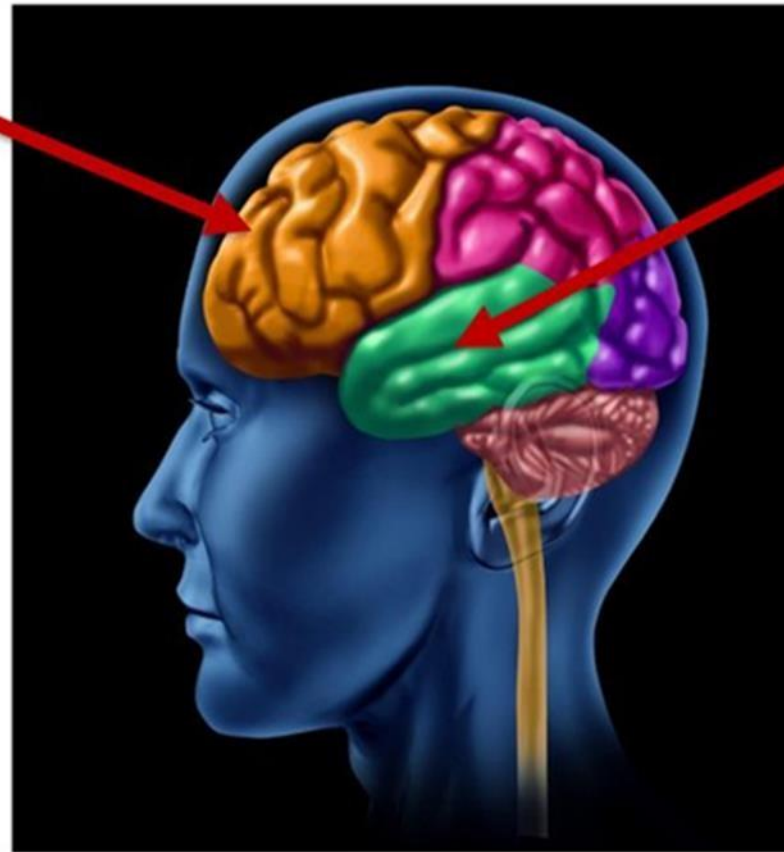


FEAR FLIGHT REFLEX/ RESPONSE

The Brain "Drain"

Directly **reduces** the Neo Cortex activity

Blood from the **insight & logic** centre gets "drained" to the **back** of the brain



An increased **THREAT** response



Where we are only **REACTING** with **FIGHT** or **FLIGHT**



FEAR FLIGHT REFLEX/ RESPONSE

Compare FFR vis-a-vis public speaking experience

- ✓ On stage you get nervous ... sense danger
- ✓ Limbs shake ... increased oxygen supply to muscles
- ✓ Mouth goes dry ... decreased blood/oxygen supply to gut
- ✓ You can't speak or speak very fast ...
- ✓ Avoid eye contact ...
- ✓ You can't think ... forget ... black out
- ✓ This is all due to FFR
- ✓ FFR is autonomic response ... autopilot
you've no control on your body

Why does PS settings trigger FFR?



Why do PS settings trigger FFR?

Q. PS settings are perfectly safe then **why trigger FFR?**

A. There are **three main reasons**

1. The orientation of speaker vs audience
2. One against many
3. Ventral vulnerability

FEAR FLIGHT REFLEX/ RESPONSE

#Videos

1. <https://www.bing.com/videos/search?q=people+scared+to+cross+glass+bridge&&view=detail&mid=5A4AF3195EAAF9B7A5485A4AF3195EAAF9B7A548&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dpeople%2Bscared%2Bto%2Bcross%2Bglass%2Bbridge%26qs%3DHS%26form%3DQBVLPG%26sp%3D1%26lq%3D0%26pq%3Dpeople%2B%26sc%3D10-7%26vid%3D519E1E5D50CD47368338BA0A0EE496B8>
2. <https://www.bing.com/videos/search?q=cats+scared+of+cucumbers&qft+=filterui%3Asite-youtube.com&view=detail&mid=18C481FE52F0124F37E318C481FE52F0124F37E3&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3F%3D%2525eManage%2BYour%2BSearch%2BHistory%2525E%26sp%3D1%26lq%3D0%26pq%3Dcats%2Bscared%26sc%3D10-11%26sk%3D%26vid%3D91C0406A5F954A40A874FEBD3775E3E1%26ghsh%3D0%26ghacc%3D0%26ghp1%3D%26q%3Dcats%2Bscared%2Bof%2Bcucumbers%26qft%3D%2Bfilterui%3Asite-youtube.com%26FORM%3DVRELTR>



1. The orientation of speaker/ audience



1. The orientation of speaker/audience



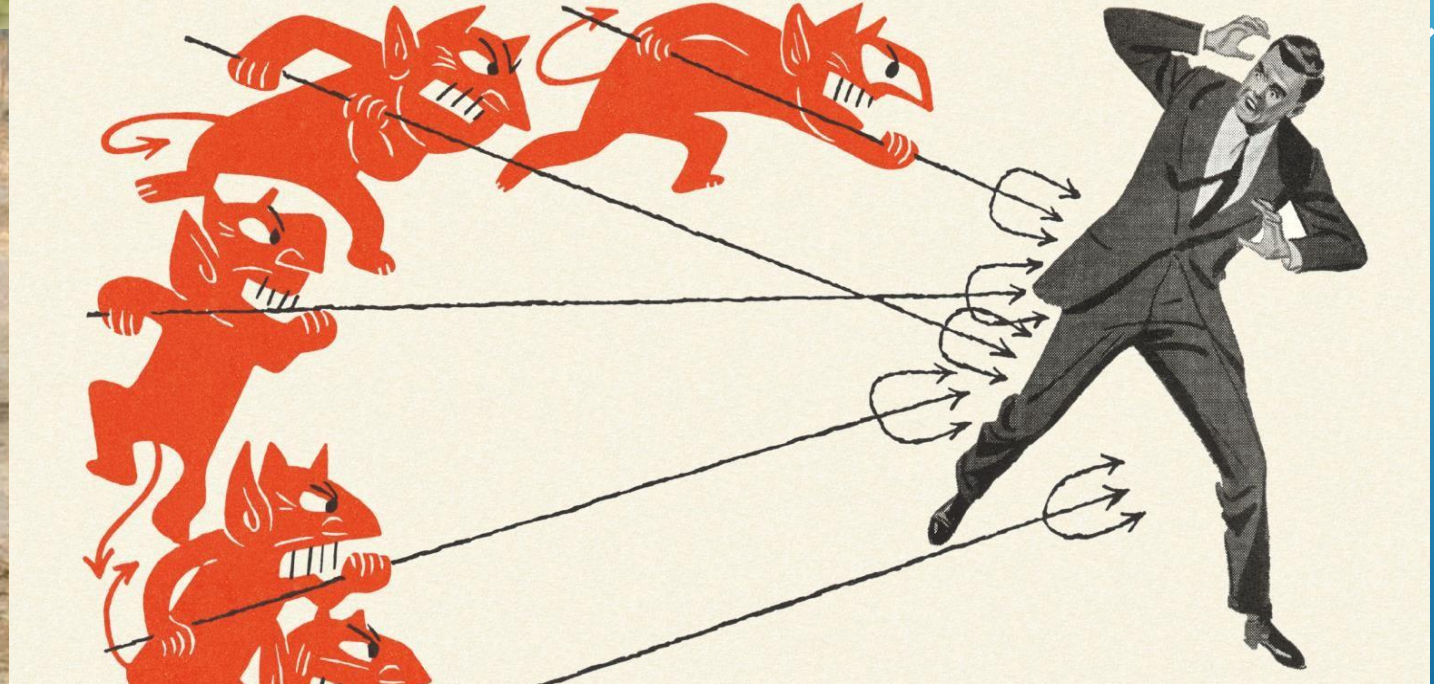
1. The orientation of speaker/audience

#Volunteer 1

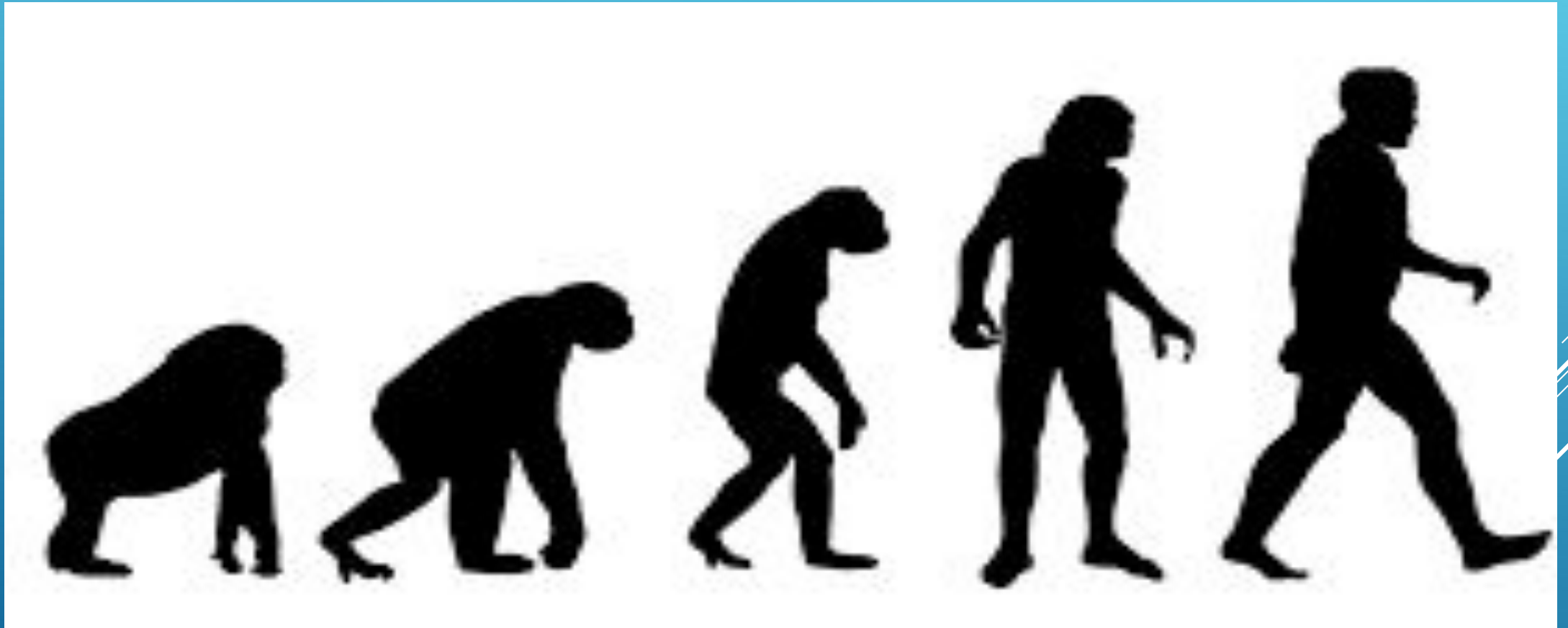
[3 orientations = 3 different distances]

A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, located in the lower right quadrant of the slide.

2. One against many



3. Ventral vulnerability



How to Manage FFR

- ✓ Be **mindful of FFR** ... observe your bodily reactions ...
- ✓ It's **your body trying to help** you ... enjoy it ... ride the wave
- ✓ It'll subside if you keep calm
 - ✓ FFR happens **in every social situation**
 - ✓ FFR is like fire ... **bad master but good servant**

How to Manage FFR – i

✓ **Weapon** ... fist [volunteer with knife]



How to Manage FFR - ii

✓ Shield ... [bullet proof vest]



How to Manage FFR ...

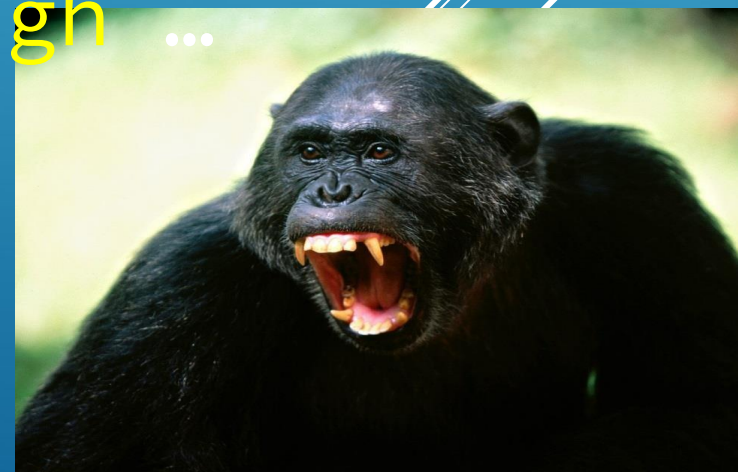
iii. On **all fours** ...

iv. Part of **audience** ...

v. **Breathing** ... diaphragm

vi. **Eye contact** ... (3 types)

vii. Make your audience **laugh** ...



Questions please?

