

Confidence Builder – Public Speaking

Find a place to sit where you won't have distractions. Get comfortable and gently close your eyes. Give yourself this time to focus and relax. First, scan your body for any areas of tension, or a sense of holding on. Scan your forehead...jaw...neck...shoulders...arms...hands...stomach...legs...and feet. If you do feel tension, in any parts of your body, try to send your breath to that area and let go of the tension.

Now focus on the gentle inhalation and exhalation of your breath. In...and out... If any worries or unwanted images come into your mind during this exercise, just let them be, and gently bring your attention back to your breath.

Create a picture in your mind of a confident you. Imagine yourself speaking in front of a group of people. You are looking around and making eye contact, and smiling. You are speaking clearly and confidently. You are standing with your shoulders back and your chest up. You are remembering the important things you want to say.

Notice your slow, steady heart rate. Feel how steady your hands are and notice how smooth your voice is. It feels good to imagine yourself speaking with confidence.

Now, you can start to build this 'confident you'. Allow this inner confidence to grow inside of you, and enjoy how good it feels to be able to talk in front of others.

Take a moment to take a mental snapshot of this 'confident you'. You can be this new confident self in the future. Any time you need to face a situation where you are speaking or performing in front of others, recall this feeling of confidence and relaxation.

You may find that slowly, over time, you feel more motivated to face new situations where you are speaking or performing in front of others. And you may find that you feel more confident and not as self-conscious and worried about what others are thinking. It does feel good to conquer your fears, and to face challenging situations.

Slowly begin to return your awareness to the present. Wiggle your fingers...your toes. Feel your body waking up. Gently open your eyes and bring yourself back to this present moment. You are ready to return to your day feeling calm and confident.