



4 Ways To Avoid Getting Stage Fright

Courtesy of **beth-ann galvin**

1

Thoroughly research your audience so that you can anticipate their needs and meet their expectations.

2

Rehearse using your visual prompts, but do not be overly reliant on your PowerPoint slides and be ready to think on your feet.

3

Should you lose your train of thought in the middle of your presentation, pause for a moment to gather your thoughts and then continue.

4

Be sure to master your topic/subject to enable you to speak off-the-cuff if necessary.

Click here to read Beth-Ann's full-length blog article on this topic.

Beth-Ann Galvin is the Founder and MD of Business Communication Skills Holdings, as well as a sought-after executive presentation coach, trainer and speaker. She has a 30-year track record of delivering top-shelf Business Presentation, Communication, Customer Service and Sales Skills training solutions, and has earned the reputation of being "The Presentation Fixer".

