

A close-up, slightly blurred photograph of a diverse crowd of people at what appears to be a concert or a large gathering. In the foreground, a woman with dark hair is smiling broadly, her mouth open as if cheering. Behind her, another woman with blonde hair is also smiling and has her arm raised. The background is filled with other people, some with their arms raised, creating a sense of a large, energetic crowd. The lighting is warm and slightly hazy, suggesting an outdoor event in the evening or a well-lit indoor space.

How to Get Better at Public Speaking Overcome Your Nerves and Own the Room

9 July 2025

Williamson Gravatt Coaching

What Makes a Great Speaker?

- All types of people can be brilliant presenters.
- Watch speakers. What you do like and dislike?
- Confidence is something you build.
- You develop your speaking style by doing it.
- Be the best version of yourself.

Why Do We Get Nervous?

- Glossophobia.
- Fear is often worse than the reality.
- Fight-or-flight response: sweaty palms, fast heartbeat, dry mouth, trembling etc.
- Use that energy to your advantage.

Progress Not Perfection

- Confidence grows through doing.
- Don't wait to feel “ready”.
- Learn from your bad gigs.
- Put yourself forwards.
- Start small.





Before the Event

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Prepare and Rehearse

- Do not procrastinate.
- Clear structure, start strong, end strong.
- Rehearse, record, get feedback.
- Anticipate and practice questions.
- Practice in the actual space.

Reframe Your Mindset

- Your audience wants you to succeed.
- Excitement and anxiety feel similar.
- Use the energy to connect, to engage, and to perform.
- Silence your inner critic.
- It is ok to be yourself.
- Perfection isn't possible or necessary.

Visualisation

- **How to do it:** Close your eyes and imagine yourself giving a successful speech - confident, composed, and well-received.
- **Why it helps:** Trains your mind to expect success, reducing fear.

A silhouette of a person, likely a woman, standing with their back to the camera and their right arm raised in a fist. They are positioned in front of a bright, low sun, which creates a strong backlighting effect and a lens flare. The sky is a mix of orange, yellow, and purple hues, suggesting a sunset or sunrise. The overall mood is one of triumph, motivation, and determination.

Before You Begin

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The Countdown

- No distractions.
- Arrive early.
- Find somewhere quiet.
- Slow down.
- Hear yourself start.



Power Posing

- **How to do it:** Stand tall with your feet shoulder-width apart, hands on hips or arms raised like a "V" for 2 minutes.
- **Why it helps:** Boosts confidence, assertiveness and might reduce cortisol.

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Deep Breathing

- **How to do it:** Inhale deeply through your nose for 4 counts, hold for 4 counts, and exhale slowly through your mouth for 6–8 counts.
- **Why it helps:** Activates the parasympathetic nervous system, lowering anxiety and heart rate.

Tongue Twister Warm Up

- **How to do it:** Recite phrases like “Unique New York” or “Red lorry, yellow lorry.”
- **Why it helps:** Warms up your voice and improves articulation.

A red, three-dimensional 'ON AIR' sign is positioned on the left side of the image. To its right is a vintage-style silver microphone on a stand. The background consists of vertical blue and white stripes. The text 'ON AIR' is in white, bold, sans-serif capital letters.

ON AIR

When You Begin

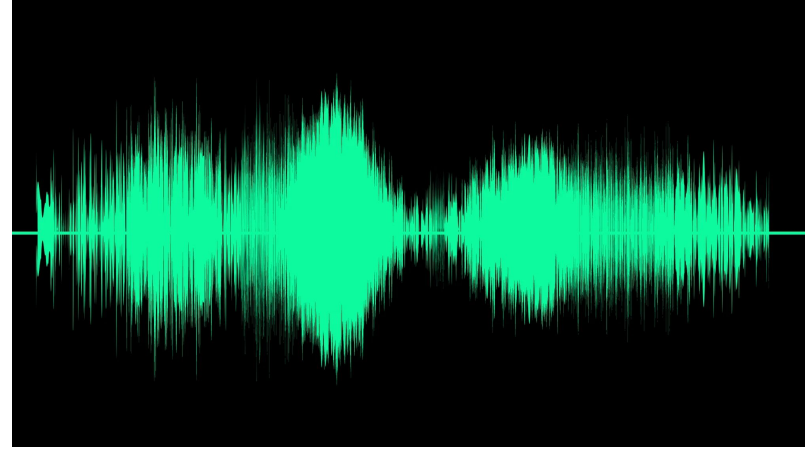
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Confident body language

- Act confident, and you and your audience will believe it.
- Stand tall, shoulders back, chest forwards.
- Grounded feet.
- Make eye contact.
- Smile.
- Laugh and keep going.

Controlled Voice

- Speak slowly.
- Pauses give gravitas.
- Project.
- Sip water.
- Thank the audience.



A close-up photograph showing a person's hand holding a small white rectangular card. The card has the words "I can't do it" written in a black, casual, handwritten-style font. A pair of scissors with blue handles is positioned to cut the card, with the blades open and the paper partially split. The background is a soft, out-of-focus light beige color.

I can't
do it

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