



# FOX

SECURAM  
P A C E M

# Face the Crowd with Confidence

How to conquer your fear of public speaking



# Know what your fear is.

01

Presentations are tools that can be used as lectures, speeches, reports, and more. It is mostly presented before an audience.

02

Presentations are tools that can be used as lectures, speeches, reports, and more. It is mostly presented before an audience.

03

Presentations are tools that can be used as lectures, speeches, reports, and more. It is mostly presented before an audience.



# 74%

Presentations are tools that can be used as lectures, speeches, reports, and more. It is mostly presented before an audience.






# Know what topic to talk about

Presentations are tools that can be used as lectures, speeches, reports, and more. It is mostly presented before an audience.



A woman with dark hair in a ponytail, wearing a grey pinstriped blazer over a pink and white striped shirt, is sitting in a classroom. She is holding a green pen and writing in a notebook. The background shows rows of empty chairs and a blurred classroom setting.

# Research and plan your material

Presentations are tools that can be used as lectures, speeches, reports, and more. It is mostly presented before an audience.





**Rehearse in front of a mirror.  
Ask a friend or family member  
to critique your speech.**





# During Your Speech





# Get the right pacing

Presentations are tools that can be used as lectures, speeches, reports, and more. It is mostly presented before an audience.



# Calm down by breathing deeply

01

Presentations are tools that can be used as lectures, speeches, reports, and more. It is mostly presented before an audience.

02

Presentations are tools that can be used as lectures, speeches, reports, and more. It is mostly presented before an audience.

03

Presentations are tools that can be used as lectures, speeches, reports, and more. It is mostly presented before an audience.





# Focus on giving your best speech

Presentations are tools that can be used as lectures, speeches, reports, and more.

Presentations are tools that can be used as lectures, speeches, reports, and more.



# After Your Speech








# Relish the moment and celebrate

Presentations are tools that can be used as lectures, speeches, reports, and more.



A person with long brown hair, wearing a white long-sleeved shirt and a dark blazer, is seen from the back, writing in a notebook. They are wearing a blue lanyard with a badge that says "BUSINESS CONFERENCE" and "SARIELA". The background is a blurred office or conference setting.

# Evaluate your performance and write down notes for improvement.

Presentations are tools that can be used as lectures, speeches, reports, and more. It is mostly presented before an audience.



# Seek professional training if you think you need it.

Presentations are tools that can be used as lectures, speeches, reports, and more.







**Knowing yourself  
is the beginning of  
all wisdom.**

Aristotle

**307-509-0638**

**info@thefoxai.com**

**www.thefoxai.com**