

Taming Adrenaline

Surefire Strategies for
Overcoming Speaking Anxiety

Video Series

Part 1: Introduction

Part 2: On-the-Spot Remedies

Part 3: Avoiding the “Tells” of Nervousness

Part 4: Long-term Strategies



Brought to you by Cara Hale Alter, founder of SpeechSkills and author of *The Credibility Code: How to Project Confidence and Competence When It Matters Most*. For more tips, videos, training options, and free resources, visit speechskills.com/LeanIn

Taming Adrenaline

Part 1: Introduction

Key Takeaways

Speaking anxiety holds many people back from

- applying for jobs or promotions
- speaking up in classes or conferences
- sharing expertise in meetings
- taking on top-level assignments
- meeting new people and making connections
- seeking the spotlight

Learning how to tame adrenaline will allow you to take full advantage of opportunities to advance your career.

Why do we experience speaking anxiety?

When your limbic brain perceives a threat, it releases adrenaline to prepare your body to either fight or flee. (In the animal world, being singled out is dangerous!)

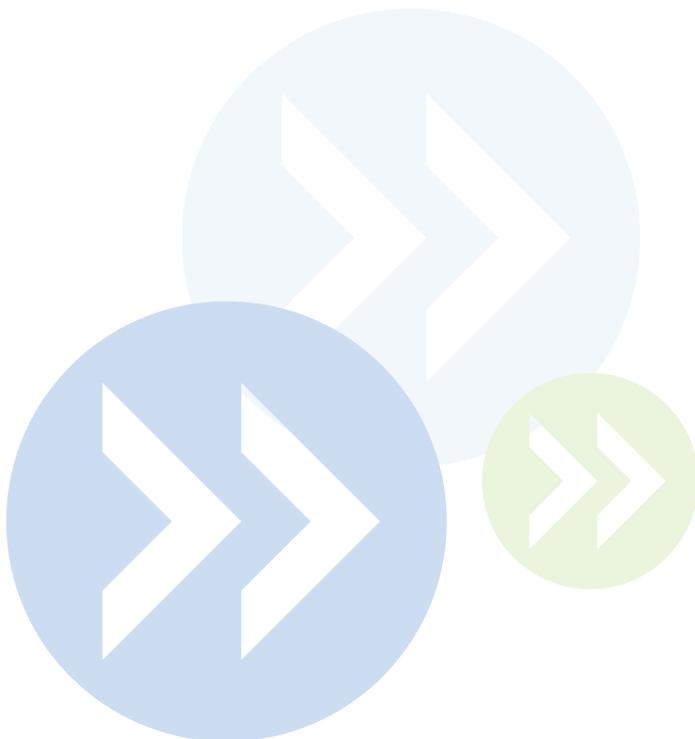
This causes a flood of physiological symptoms—racing heart, increased perspiration, quickened breathing, dry mouth, nausea, clouded thinking.

Many people find these symptoms to be threatening unto themselves, which creates a devastating vicious cycle. We don't fear the audience; we fear the lack of control we feel in our bodies.

How do you break the cycle of fear feeding fear?

You need . . .

- On-the-spot remedies to minimize physical symptoms in the moment
- Long-term strategies to proactively prepare for the future



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Discussion Questions

- How often do you experience speaking anxiety and under what conditions?

- What physiological symptoms do you experience?

- Can you think of a time when the threat of unwanted adrenaline stopped you from taking advantage of an opportunity to stand out, speak up, or show off your potential? If so, what was the cost?

- Does understanding the predator/prey analogy help you put the adrenaline response into context?

