

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

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Part 4: Long-term Strategies

Key Takeaways

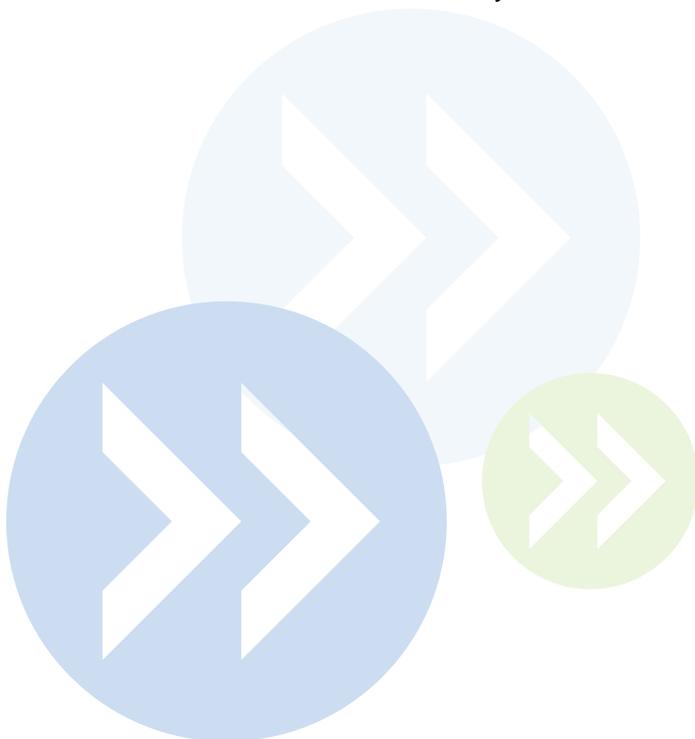
If a negative association with adrenaline is holding you back, create a positive history of success in these three ways:

1. Complete The BOSS Checklist (available at speechskills.com/LeanIn). BOSS stands for “building on small successes.” Because one of the surest ways to overcome any fear is through a series of small wins, The BOSS Checklist provides you with a list of progressively more difficult communication tasks so that you can learn to trust yourself when it counts. Do one of these tasks every day, and within a year you will have cultivated an authentic belief in yourself.

2. Play impromptu speaking games (find the free SoundBites sampler at speechskills.com/LeanIn). If you have a tough time finding the right words when you are on the spot, playing impromptu speaking games with friends and family can provide a fun and low-risk environment to build this skill.

3. Master your skill set. Communication excellence is not a matter of innate talent but, rather, of learned skills—skills that anyone can develop. The basics of *The Credibility Code* are straightforward and fairly easy to master: strong posture, strong voice, and strong eye contact. When you build a strong skill set, an authentic mind-set of confidence will follow!

For more information about *The Credibility Code*, (the book, video series, and live courses), visit speechskills.com/LeanIn.



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Part 4: Long-term Strategies

Discussion Questions

- Can you identify a time when you stepped outside of your comfort zone to accomplish a task? How does it feel to succeed at something that you consider a “stretch”?

- What would you sign up for, seek out, or say “Yes” to if you knew you could trust yourself to perform at your best?

- Which bothers you more: the physical sensations of adrenaline in your system or the fear that you might underperform under pressure? How can you proactively prepare for each of these situations?

- How might it change your mind-set about speaking anxiety if you had full confidence in your speaking skills?
