Overcoming Presentation Anxiety

The Power of Preparation

Did you know that 90% of the anxiety we feel before a presentation, stems from a lack of preparation? This isn't just true for presentations—it applies to any performance-related skill. Whether you're delivering a keynote, selling books door-to-door, competing in an Ironman, summiting Mt. Rainier, or performing stand-up comedy, thorough preparation can significantly reduce anxiety.

Yet, many still find themselves stressed before their big moment. The root cause? Procrastination.

Procrastination leads to last-minute cramming, rushed rehearsals, and diminished confidence—all of which heighten anxiety. When we delay preparation, we set ourselves up for panic and self-doubt as the event approaches.

Here are 2 Ways to Prevent Procrastination:

PRACTICE

This may seem obvious, but it's crucial! The more you practice your material, the better prepared you will be, leading to less anxiety when it's time to perform.

- Schedule "Practice Time": Block time on your calendar and specify what type of practice you'll focus on—whether it's working on your script, refining your slide deck, conducting research, or doing a dry run.

ELIMINATE DISTRACTIONS

Distractions are one of the main culprits of procrastination and can hinder your productivity.

- **Designate a Work Space**: If you work from home, create a specific area that's free from noise and clutter to enhance focus.
- **Remove Digital Distractions**: Close applications and browser tabs that don't support your current task.

- **Ditch Your Phone**: Consider putting your phone in another room to avoid interruptions from messages and notifications. Alternatively, use "Do Not Disturb" mode to stay focused.

By addressing procrastination and committing to preparation, you can tackle anxiety head-on and elevate your performance. Let's conquer our fears together!

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