
CONTROL NERVES AND INCREASE CONFIDENCE





NERVES

Nerves are healthy in a presentation – in moderation!

The key is to use the nerves to drive performance but control them so they do not take over. Just as athletes often break records at big events so too can a presenter deliver above their normal standard when under pressure.

Preparation can play a huge part in helping to manage nerves. Steps can be taken in the weeks before, on the day and actually during the presentation to help with nerves.



Being unprepared heightens nerves.
~ James Galway



Research audience

Prepare

Practice out loud – get feedback

Record on phone

Get into room and do dry run



Get there early

Set up & test kit

Dry run

Visualize

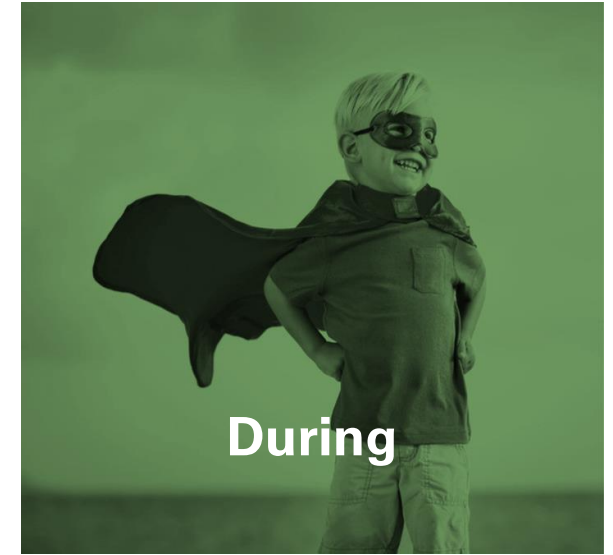
Familiarise self with the room

Meet & greet as they enter – have a friendly face to eye contact initially

Walk around the block and take deep breaths

Give yourself a PEP talk

Coffee / Red bull / Bach's Rescue Remedy



Pause / Breathe

Ask them a question

Get them involved

Glass water

Bum clench / stone

FIGHT OR FLIGHT



The fight-or-flight response (also called **hyperarousal**, or the **acute stress response**) is a physiological reaction that occurs in response to a **perceived** harmful event, attack, or threat to survival.

~ Wikipedia

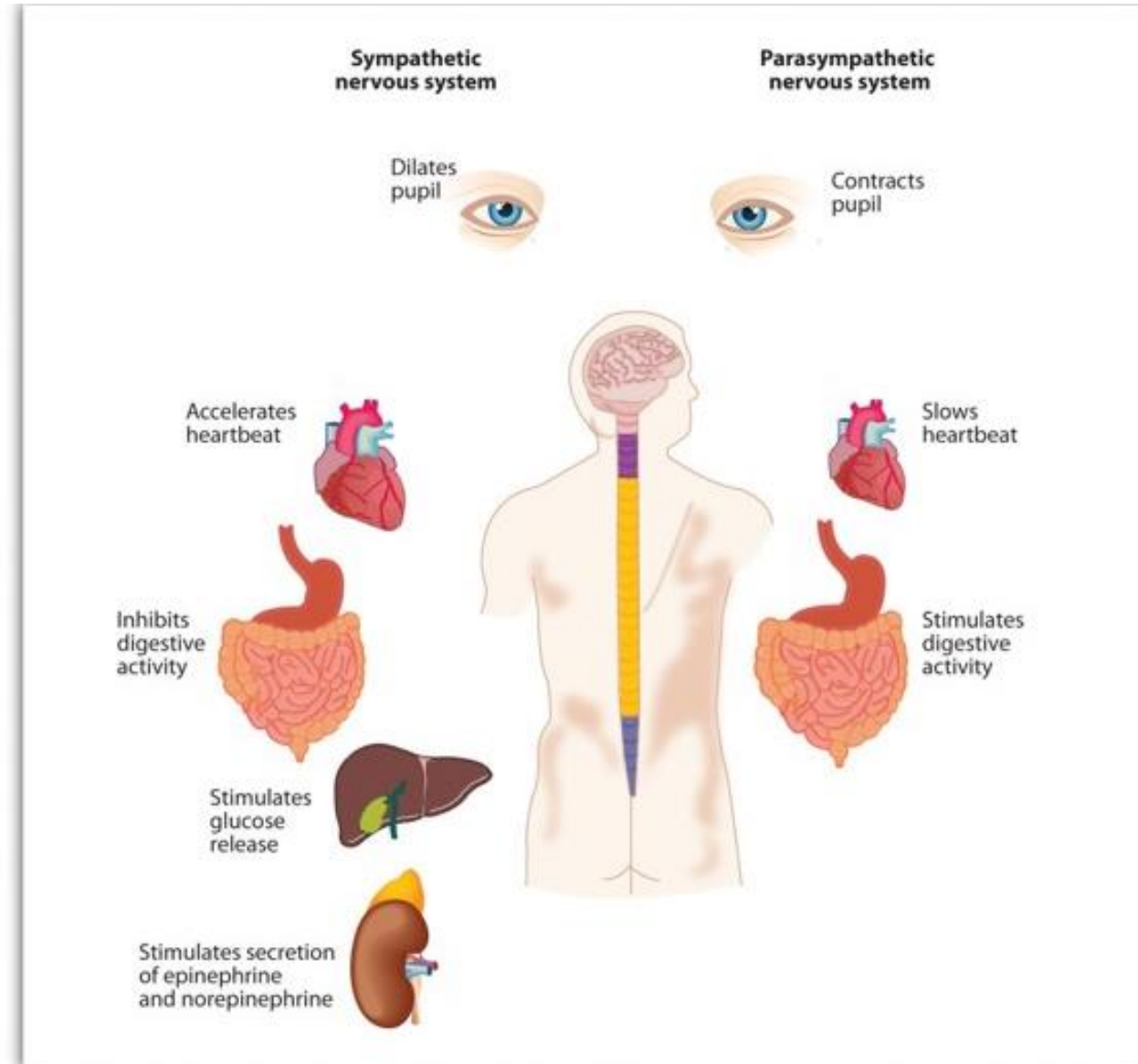


Walter Bradford Cannon (October 19, 1871 – October 1, 1945) was an American physiologist, professor and chairman of the Department of Physiology at Harvard Medical School.

In 1915, he coined the term **fight or flight** to describe an animal's response to threats in *Bodily Changes in Pain, Hunger, Fear and Rage: An Account of Recent Researches into the Function of Emotional Excitement*. His theory states that animals react to threats with a general discharge of the sympathetic nervous system, preparing the animal for fighting or fleeing.

OUR NERVOUS SYSTEM

Our automatic nervous system has two components:
Sympathetic and **Parasympathetic**.



Sympathetic nervous system

Triggers the **fight or flight** response and fills the body with a burst of energy causing:

- ✓ An increase in heart rate, blood pressure and breathing;
- ✓ Tense muscles - fat and sugar are released to provide energy to the muscles (can also cause trembling);
- ✓ Digestion and urine production are put on standby;
- ✓ Increase in sweating - keeps the body cool and makes us harder to grab if we're attacked;
- ✓ Dilated pupils;
- ✓ Salivation shuts down, making our mouth feel dry;
- ✓ Blood vessels open wide, flooding the skin with blood, causing our face to redden.

Parasympathetic nervous system

Promotes the “**rest and digest**” response, restoring the body to a sense of calm once the danger has passed.

It can take a while for our body to return to a normal state as the stress hormones tend to linger in the blood stream. You may well continue to feel stressed and even exhausted during this time.