



NEVER BE NERVOUS AGAIN

This workshop will show you how to help your students to be confident speakers

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Let's match the numbers with the fears

- 22% fear of heights
- 18% fear of deep water
- 41% fear of sickness
- 32% fear of death
- 19% fear of flying
- 21% fear of public speaking
- 23% fear of insect and bugs
- 24% fear of financial problems

- From 1977 Book of Lists

Here are the answers!

- 41% fear of speaking in front of a group
- 32% fear of heights
- 24% fear of insect and bugs
- 23% fear of financial problems
- 22% fear of deep water
- 21% fear of sickness
- 19% fear of death
- 18% fear of flying

- Some people rate glossophobia as high as 75%.

- Brian Tracy, 2011 , No Excuses! The Power of Positive Self-Discipline, rates it as feared by 54% adults.

LET'S DO IT!!

No stress allowed. This is going to be FUN.

