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.