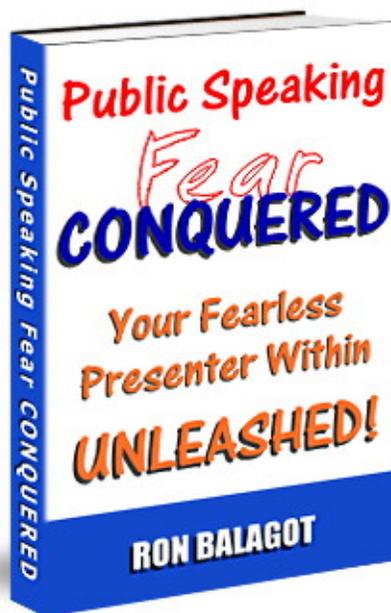


# **Public Speaking Fear Conquered: Your Fearless Presenter Within UNLEASHED!**

***By Ron Balagot***



Sign up for Ron's FREE *Public Speaking Tips* Newsletter at <http://www.publicspeakingtipsforyou.com/signup> to get more tips, techniques, and insights that will help take your presentation skills to a whole new level.

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## About The Author



Ron Balagot is the creator of the one-of-a-kind *From Nervous To Fearless Presenting System™* and the author of the life-changing ebooks, *Confidence & Courage Tips...To Help You Realize Your Dreams* and *Unleash The Courageous Child Within* (both endorsed by best-selling authors and internationally recognized speakers).

He is also the publisher/editor of the *Public Speaking Tips* Newsletter. A free online newsletter designed to help people conquer their public speaking fears/anxieties and improve their presentation skills.

Since early 2005, his insights and advice have already impacted countless lives all over the globe.

At this point in his life, his goal is to empower a larger number of people with the tools/strategies that can help them achieve their dreams.

To learn more about Ron's story, please visit:  
<http://www.publicspeakingtipsforyou.com/story>

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**Here's what experts are saying about  
"Public Speaking Fear Conquered:  
Your Fearless Presenter Within UNLEASHED!"...**

**"Ron generously shares time-proven principles  
(not fads or gimmicks) that get real-world results."**

"Have you been diagnosed with a fear of public speaking?

Then *Public Speaking Fear Conquered*, by Ron Balagot, is the prescription you need.

This easy to read ebook empowers readers to both understand and eradicate the negative emotions that inhibit their speaking success.

In it, Ron generously shares time-proven principles (not fads or gimmicks) that get real-world results.

It's exactly what the doctor prescribes."

**Russ McNeil, MLM/Direct Sales Trainer, Author  
[www.ProspectingRules.com](http://www.ProspectingRules.com)**

**"...is the must read for anyone who wants to  
master their inner game of speaking."**

"*Public Speaking Fear Conquered: Your Fearless Presenter Within UNLEASHED!* is the must read for anyone who wants to master their inner game of speaking.

It offers step-by-step strategies for conquering beliefs, thoughts and behaviors that hold you back not only from the platform but from winning the game of life.

Let Ron Balagot, expert courage coach, guide you to become a fearless presenter."

**Debora McLaughlin, Speaker, Author and Executive Coach  
[www.OpenDoorCoaching.com](http://www.OpenDoorCoaching.com)**

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**"This ebook is a great resource for individuals new to public speaking as well as experienced speakers."**

"This ebook is a great resource for individuals new to public speaking as well as experienced speakers.

The new speaker will learn "tricks of the trade" that make public speaking a fun and enjoyable experience.

The experienced speaker will be reminded of simple things they already know, to keep them on the top of their game!"

**Ron Finklestein, Author, Speaker, Trainer, Business Coach**  
**[www.rpfgroupinc.com](http://www.rpfgroupinc.com)**

**"Anybody wishing to improve their public speaking skills will find this e-book extremely useful."**

"Ron Balagot offers a quick and easy-to-read guide to help readers present at their best.

His focus is on "the inner game" of presenting, which is the basis to successful presentations.

Firstly, he guides readers to become aware of feelings associated with public speaking and what drives them—limiting beliefs and irrational fears.

Secondly, he helps build new powerful beliefs.

Finally, he offers tools to reinforce the newly built empowering beliefs.

Anybody wishing to improve their public speaking skills will find this e-book extremely useful."

**Maria Caterina Capurro, Licensed NLP™ Coach**  
**[www.coachingservices.it](http://www.coachingservices.it)**

## **A Quick Note**

To make things simpler for everyone, I used the pronoun “he” throughout the ebook in places where I would normally use “he/she.” (No offense to my female readers.)

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## **Introduction**

Congratulations for making a wise decision!

By getting this ebook, you've taken an important step toward conquering public speaking fear.

What you're about to learn will change the way you look at public speaking forever. (Yes, that's a promise.)

And if you honestly apply what you've read, it won't be long before you are able to command audiences (big or small) with your presentations. It won't be long before you find yourself "enjoying" speaking to groups.

Now, the concepts I'll be sharing with you may sound new...but I'm convinced that at a "subconscious" or deeper level, you already know most of these things.

I believe that all you need is someone to remind you of these things, so you'll once again be in touch with the "natural and fearless presenter" within you.

But before we move on, please allow me to share a little bit about my background in this area so you'll know that I am highly qualified to write about the subject.

Basically, I grew up in the spotlight...or in front of people.

I've been performing in front of audiences—without nervousness or fear—since my elementary school years (whether it be singing, dancing, playing an instrument, or just reciting something).

In other words, I've been very comfortable in front of groups of people for a long time.

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Truth is, when I was little, whenever we had guests over (or whenever we had special gatherings) and I'd be asked to sing or dance, I'd "gladly" do it without hesitation (and this was without any preparation beforehand).

In fact, I can remember my performances so vividly...like they just happened yesterday. (In other words, I can remember what I felt before, during, and after those performances.)

Basically, I've performed countless times as a vocal soloist in front of different sized audiences (small groups of people all the way to huge, theatre-packed audiences) throughout the years. And I've been able to consistently perform at "peak" levels.

Now, in addition to the above, here are other facts you might want to know about me:

- Speaking, presenting, or performing is a subject I'm very passionate about. And because of this, I've spent many hours devouring every book/material I could find on it...and continue to do so up to this day.
- Have written articles about speaking/presenting that have been reprinted throughout the web and that have received very positive feedback from readers. (Truth is, I've received endorsements from professional speakers and personal development experts.)
- Continue to develop my speaking/presentation skills (knowing that there's always room for improvement).
- Held many leadership roles where speaking in front of groups was a regular activity.
- Am able to "consistently" present at peak levels (able to reach "flow" state consistently and not just once in a while).

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- Excelled in public speaking classes. (Took a night school course on the subject years ago...mostly to learn more about what is called the “outer” game...ex. how to properly make a toast, how to introduce dignitaries, and things of that sort.)

As a result, I won many ribbons/awards in many categories...from *Best Impromptu Speaker* to *Best Speaker* to *Best Leader*...and so on.

But probably the best and most moving experience about taking the course was when I received written feedback from other students saying how much they were inspired by my example (even someone who was so fearful of speaking in the beginning made a commitment that she would pursue more speaking opportunities from that day onward).

Eventually, I was elected class valedictorian and ended up delivering an inspirational speech on the last day of class.

- Constantly and diligently observe other speakers...whether live or on television (and I make it a habit to take notes for later study).
- Constantly test/apply what I learn about speaking/presenting.
- Widely recognized as an expert on conquering fears/anxieties and peak performance. As the author of two life-changing ebooks on courage/confidence...and the author of a number of self-help related articles...my works have already reached and helped numerous people worldwide. (In fact, my blog, at the time of this writing, has already received visitors from 169 countries...which is around 88% of the world's 192 official countries registered with the United Nations.)
- Have been exposed to self-help books/materials since the age of 17 ...and many of the books I've read were either directly related to *peak performance* or helped achieve *peak performance* (ex. NLP or Neuro Linguistic Programming, Self-Hypnosis or Mind Reprogramming Principles, Visualizations, Affirmations, etc.)

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- Consider myself to be a performer/presenter first, author second.

### **Now, why did I write this ebook when there are already many books out there on the subject?**

Well, it's actually been a major goal of mine for quite some time.

You see, after years of experiencing what it's like to positively impact audiences with my performances or presentations (which is one of the greatest and most fulfilling feelings in the world, by the way), I wasn't completely satisfied.

I wanted to know exactly how I was doing it (please realize that to me, it was something I didn't think much about...something I had just taken for granted...because I had been doing it for such a long time).

And why did I want to know how I was doing it?

Well, first, because by knowing what made my performances tick, I could reinforce those things through consistent use.

In other words, by knowing what I was doing right, I could duplicate my own successes (or success strategies) and get better and better at performing/presenting.

And second, I also wanted to be able to teach what I've learned one day...to be able to share my proven strategies...so that many others could duplicate my successes in this area.

(In other words, I was no longer satisfied with just knowing how to impact audiences with my performances. I wanted to feel the deeper sense of fulfillment that comes with teaching others how to do it, too, so they, too, could be successful in this area...so they, too, could live more fulfilling lives.)

Truth is, I feel a strong sympathy for those struggling in this area of life...because as far as I'm concerned, it's completely "unnecessary" to feel discomfort when speaking or performing in front of a group.

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I know what it's like to be near another performer and to see that performer all pale and almost ready to pass out in front of me because we were getting ready to face a huge audience.

I mean, I kept talking to the guy just to distract him...so he wouldn't keep his focus on himself. But I noticed that his hands were shaking uncontrollably...and he could barely look at me to answer my questions.

And when he did look, he had that look on his face as if he was saying: *"Please save me. Get me out of this situation and I'll do anything you ask. Please. I beg you."*

Seriously, it was not a pleasant sight.

I mean, it's just a shame that someone would have to go through that kind of suffering while there I was...completely relaxed...no nervousness whatsoever...like it was just going to be another fun activity like walking in the park.

(Basically, what this guy saw as a threatening situation, I saw as an enjoyable one.)

Lastly, I've read many books on the subject and I've found that most of them don't go deep enough...or some pieces of the puzzle seemed missing.

They mostly focused on the "outer" game (actual techniques or strategies to make one's presentations more effective...ex. how to begin a speech, how to prepare the contents of your speech, how to communicate with the audience, etc.)...and not so much on the "inner" game of speaking or presenting (ex. beliefs, attitudes, thoughts or mental patterns, habits, feelings, self-talk, etc.)...which to me should be dealt with first, or, at least, given much more importance, since it's the foundation of powerful presentations/performances.

(By the way, **please make sure to read the 2 Bonus Reports that came with this ebook** because they highly complement this ebook's contents. **They'll help immensely in your public speaking goals.**)

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Again, I strongly feel that no one should have to suffer any mental or physical discomfort before or during a performance/presentation.

**NO ONE!**

And in this ebook, I will share with you how you can experience that feeling of fearlessness again. That wonderful feeling of freedom that comes with presenting *naturally* and *fearlessly*...just like what you experienced many times as a kid.

## **Chapter 1**

### **The #1 Belief Possibly Stopping You From Conquering Public Speaking Fear**

Tell me, and please be completely honest, when you hear the words *public speaking*, what do you feel inside? What's your automatic reaction?

Do you associate a negative or uncomfortable feeling with those words? Or do you associate positive feelings such as joy, excitement, or fulfillment with them?

Do you suddenly get symptoms of stage fright or performance anxiety happening in your body (fight-or-flight response)? Or do you have a feeling of eagerness or excitement...like you can't wait to perform/present?

(Some symptoms of stage fright, by the way, are as follows: pounding or rapidly beating heart, butterflies in stomach, nausea, hot flashes, dizziness, sweaty palms, diarrhea or stomach discomfort, shaky hands, quivering voice, shortness of breath, breaking out in a cold sweat, freezing up, mind going blank, and so on.)

I would say that for many people, it's the former (negative associations, uncomfortable feelings, and stage fright symptoms).

And I'll tell you why I believe this is...

There are certain limiting beliefs (or mental patterns) that have been instilled in us throughout the years, possibly even during childhood...that influence the way we feel about speaking or presenting.

In fact, in my previous ebook, "*Unleash The Courageous Child Within*"

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(a copy of that particular ebook came with this one, so **please make sure to read it**...because, like the Bonus Reports, it highly complements this ebook's contents...plus, it could change your life in ways you may have never imagined), I wrote in great length about how to replace many limiting beliefs with empowering ones that serve us.

Note: There are other factors (outside of your awareness) that might be influencing your ability to speak to groups...for example, *an embarrassing or painful experience you had while speaking to a group, what people you respected said about public speaking when you were growing up, the beliefs your role models had about speaking, etc.*

But in this ebook, what I'd like to focus on is probably one of the biggest beliefs limiting your effectiveness in this area (and there's a very big chance you may not be aware of it).

Now, before I get to it, it's important that we first understand the difference between *rational* and *irrational* fears.

Examples of *rational* fears would be anything that could cause real harm (physically or emotionally) to a person...such as:

- wild/dangerous animals (ex. crocodiles, grizzly bears, etc.)
- dangerous people (ex. terrorists, murderers, etc.)
- dangerous weapons (ex. knife, gun, etc...especially if the person holding it has evil motives)
- dangerous situations (ex. walking through a land mine)
- a burning stove (or anything with fire)
- dangerous fumes/smoke (when inhaled)
- natural disasters (ex. earthquakes, tsunamis)
- ...and so on

I suppose we could also say that someone who has committed a crime or has escaped from prison has a *rational* fear of getting caught (and that fear can be triggered whenever he/she hears a siren).

Examples of *irrational* fears (also called *phobias*) would be anything that could not cause any real harm to a person (but are "perceived" by the person as harmful...or as a threat)...such as:

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- open spaces
- closed spaces
- water (ex. small puddle of water)
- dust/dirt
- certain types of bugs/insects
- heights
- ...and so on

In other words, if someone shows fear because he is facing a grizzly bear, we could say that his fear is a rational one (it makes sense for him to be afraid...or, he has good reason to be afraid)...because there is a real threat (the bear could harm him physically...in fact, to the point of death).

However, if one freezes in fear when faced with a puddle of water, we could say that it's *irrational*.

### **Why is it important to know the difference between rational and irrational fears?**

Because we want to make sure that we don't limit ourselves (or what we could do) because of *irrational* fears...fears that we really should not be feeling/experiencing in totally *harmless* situations.

You see, what if, throughout the years, because of your lack of awareness (of underlying fears, or deeply held beliefs that cause certain fears), you've missed out on countless opportunities and lived less of a life than you deserved? What if you had allowed irrational fears to stop you from doing things you wanted to do...or knew you had to do?

What if you had allowed certain irrational fears to basically run your life?

Well, it's certainly possible.

However, what I'm trying to get at is, what if, for a very long time, you were allowing certain *limiting beliefs* to negatively affect your ability to speak in front of groups of people...without you knowing it?

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In other words, what if during those times you held back from doing certain things (ex. like speaking up during meetings), it was because there was some form of resistance within you?

Did you ever think that perhaps an underlying fear...an “irrational” fear (which was caused by a limiting belief)...was holding you back?

I mean, how would it feel if you looked back one day and realized how many opportunities you’ve missed out on...all because of certain “irrational” fears? (Of course, if the fears were rational, you wouldn’t feel so bad, now, would you?)

Wouldn’t you feel disappointed or feel deep regret...even angry...finding out how some *silly*, limiting belief controlled certain aspects of your life (like speaking to groups, for example)?

You most likely would, wouldn’t you?

Well, wouldn’t you like to know what this limiting belief is, so you’ll know what could possibly be hindering you all these years from being the natural and fearless presenter you truly are?

More importantly, so you can somehow deal with it?

(I mean, how can you deal with something you’re not aware of, right?)

If so, simply go to the next page to find out what it is...

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### **“It’s *normal* to feel nervous before or during a performance/presentation given to a group of people.”**

Now, how many times have you heard or read a statement like that...or something to that effect? (please pay attention to the word “normal”)

I mean, you must have come across something like it at least once in your life. You may have even heard it coming from top athletes, coaches, speakers, and other experts.

In fact, some very successful people even proudly credit their success in certain areas to it (to being nervous during performance, that is).

Well, I’m certainly happy for their success. But I feel sorry that they had to go through “unnecessary” stress/anxiety while pursuing it (because they really didn’t have to).

And I feel even more sorry that countless people who heard that belief adopted it without questioning it.

In other words, instead of succeeding in their pursuits, they allowed that belief to hinder them from reaching certain goals...and from reaching their full potential.

(In fact, I’ve read stories of performers/speakers who suffered from such severe stage fright or performance anxiety for many years that they eventually decided to abandon their careers. What they didn’t realize is that they’ve always had the power to overcome those paralyzing fears. They’ve always had the natural ability to stay calm during performance. But, unfortunately, they never discovered how to do it.)

You see, it’s possible that someone could have been exposed to that belief *only once*...but if it was deeply etched in the person's nervous system...meaning, the person “accepted it as truth or fact”...then that belief doesn’t remain a belief held only by others, it now becomes that person’s belief as well.

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**Well, I'm here to shatter that limiting belief once and for all.**

And all I ask is that you keep an open mind while I present my case...so you'll know why I completely disagree with this long and widely held "limiting" belief...and why I can never accept or adopt it...and why you shouldn't either.

(Again, don't be surprised if many of the things you'll read here may not sound new to you...and it's only because **a part of you already knows these things**. In other words, *I will merely be reminding you of what you already know deep down inside...but have only forgotten.*)

The truth is, I questioned that belief the moment I heard it years ago.

(And whenever I hear or read something like it now, it just makes me laugh because a part of me knows it's **100% false**.)

I simply could not accept it when I had so many reasons (overwhelming proof) to believe otherwise.

What do I mean?

Well, first, my own experiences in life as a performer (from childhood all the way to adulthood) prove to me, beyond a shadow of a doubt, that it's not only possible to present fearlessly...but it is, in fact, "natural" to present fearlessly.

(Realize that public speaking only becomes difficult...and complicated...or even mysterious...when people think it is. Staying relaxed when speaking in public only becomes difficult because people believe it is difficult.)

Plus, I hold many other beliefs (which I covered in detail in some of my previous works) that prove to me that presenting fearlessly is what's natural (and not presenting in a nervous/fearful state).

In fact, that limiting belief, when closely examined, is just outright silly.

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For example, how can it possibly be considered “normal” if one person can feel completely relaxed, fearless, and empowered while speaking/presenting and another can be nervous/fearful in the same situation?

Does it make the fearless presenter a unique, super human being? Sort of like a super hero? Someone special?

I refuse to believe so.

Truth is, based on my own research, there are, in fact, many fearless presenters out there. Presenters who don't experience fear or nervousness when presenting in front of a group.

In other words, it's not some special gift reserved only for a few. (These people are just not talked about very often or given much publicity. And it could be because many people would prefer to believe that these fearless presenters don't exist so they can justify having fears in this area.)

Furthermore, another reason I simply can't accept that belief is because if I were to accept that belief, I would also have to accept the fact that all my memories of myself...as a child and as an adult...giving fearless performances...were not real (and I know at the deepest level that that's simply not true).

I know *exactly what it feels like* to fearlessly present to groups of people (where I feel no nervousness whatsoever).

**And I've experienced it many, many times. Not just once.**

(In fact, if I had felt it...meaning, “fearless presenting”...even just once, it would have been a strong enough proof that it was possible and that it could be repeated or duplicated. I mean, would an astronaut have to go to the moon more than once for him...and others...to believe that it could be done? Of course not. All it takes is “one successful result” to prove that it is possible...that it can be done. And that it can be done over and over again.)

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So, obviously, it must be an individual thing. It has to do with each person's thinking, beliefs, feelings, etc.

In other words, this limiting belief is not something someone is stuck with forever.

**There's a choice.**

**Yes, there's a choice.**

And I'll talk about this a little more in a later chapter.

Meanwhile, let's take a look at...

## Chapter 2

### How This Limiting Belief Started

It's very possible that this limiting belief started out sometime during childhood (or even a little later).

However, I, as well as many others, strongly believe that it mostly started with...

#### THE BOOK OF LISTS

Heard of it? If not, don't worry.

Basically, it's a book published in 1972 (containing hundreds of lists on certain topics) that presented the results of a so-called survey that was conducted to determine what people feared most.

(*Note:* Quite a few "Book of Lists" publications exist today...by various publishers. So please understand that I'm only talking about a particular one associated with the so-called survey many years ago.)

And according to the book, the #1 fear of most Americans is speaking in front of a group...with the fear of death being #6.

Sadly, many respected people or experts used (and continue to use) that as a reference to prove that it is, indeed, the #1 fear of people (in general). Basically, what they're saying is, if you feel nervous whenever you speak in front of others, it's only normal, since the so-called survey said so.

Now, how the survey was conducted, I don't know.

In fact, based on what I've read, no one even knows the source of this list or where the actual survey was done.

But, let's just say for a moment that the survey was legit. The question, then, would be: *How was the survey conducted?*

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I mean, did the researchers ask: *“Would you rather die...and never see your loved ones again...than speak in front of others?”*

In other words, were the respondents asked that if they were ever in a position where they had to choose between speaking in public or losing their life (basically, if they were given an ultimatum), what would they choose?

I seriously doubt it.

Because I don't think anyone in his right mind would rather give up his life than speak in front of a group.

In fact, it's crazy that the researchers would make it look like that's the conclusion they got from the survey. And even if they didn't express it, they certainly implied it.

And what's sad about this is, many people believed the survey without questioning the validity of those researchers' claims or argument. Or without putting things into the proper context.

In fact, to further prove how weak that argument is, let me ask you this...

If a gun were held to your head and you were given the choice between speaking to a group or facing death, would you rather be shot?

Of course the answer would be NO.

And it's because the fear of not being able to continue experiencing life's wonders (and the fear of missing out on possible opportunities...like a lifetime of beautiful experiences with loved ones), is greater than speaking to a group.

Now, let's put it a different way.

Please answer this question...

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If I were to hand you a million dollars right now, but all you have to do is speak to a group of people for an hour, would you take me up on my offer?

I'm willing to bet that you would (and most people would, too).

In fact, you may even do it for \$100,000, \$10,000, or even \$1,000. (And you'd probably be willing to speak for two hours instead of only one.)

And it's because the perceived benefit of receiving the money (and what you can do with it) is greater than the fear of speaking to a group.

So, my point is, it all depends on the conditions given.

If those conditions I just gave you above were given when the survey was conducted, I'm sure the answers the researchers received would be entirely different.

(Besides, a general question like "What's your biggest fear?"...if that is what the researchers asked...is not the same as a question like "What's your favorite candy?" Because if you say your favorite candy is *Tootsie Roll*, your answer would still be the same no matter what the situation is.)

That's why whenever I hear the argument that most people would rather die than speak in public, I say "absolute hogwash."

In fact, I have yet to hear about someone who, rather than face his fear of speaking in public, decided to take his life.

You see, it's extremely important that you become aware of the danger of blindly accepting or adopting that belief.

If you believe beyond a shadow of a doubt that most people fear speaking in front of groups than death itself...you'll end up saying this to yourself...

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*“It’s okay to be nervous whenever I speak in front of groups because a survey proved that most people fear speaking in front of groups than death itself.”*

In other words, it’s like giving yourself an excuse to always feel nervous whenever you present to groups.

(In fact, when you think about it, was that really the condition of people’s fears when the survey was conducted? Or, did it only become true because of the survey’s influence?)

Well, at some point, you may have thought: *“But It has to be true...since it was published and widely accepted...and many experts use it as a reference.”*

Now, you need to be careful.

First, just because something is published does not make it true. It is merely the author’s point of view or opinion. And it is still up to the reader to analyze whether the information is sound.

Second, just because many people accepted it as true doesn’t make it so. For many years, people believed the earth was flat...but was it true? Of course not.

And third, just because experts accepted it as true and even use it as a reference, does it mean that it is true? Of course not. Their conclusion is only one conclusion. One point of view.

(Besides, experts are not always right. In other words, they’re not necessarily “perfect” and can never be wrong. And yes, I’m including myself. Plus, like science, what may be accepted by the majority as true today can be disproved later on. Again, going back to my earlier example, the earth was once thought to be flat until it was disproved later on.)

Now, realize that I’m not saying that having this fear of speaking to groups is immoral or unbecoming of a good/decent person.

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No. What I'm saying is that the fear is an "irrational" fear. It's not normal to have this fear when speaking to groups because there is no real threat.

(If *there is* a threat "emotionally," it's only a "perceived" threat that the presenter created in his mind...and not a "real" threat.)

Nevertheless, I know that this fear is very real for many people (yes, regardless of what the survey said).

And that's why I wrote this ebook.

To help make you aware that you don't have to be among those people who are affected by this irrational fear (based on a limiting belief).

There is hope.

**You have a choice.**

**There's another option.**

In other words, you're not stuck with that condition forever.

Plus, you know what?

If we take a really close look at things, it's really not the act of public speaking (or even the actual people in the audience) that many presenters are most afraid of.

It's "rejection."

It's the fear (which is only in the person's mind) that the audience might (or will) disapprove of them.

(So, if someone, for example, is afraid of any single person's disapproval, how much more when facing a group? The fear of rejection is magnified many times since there are more people to deal with. In many cases, the larger the group, the bigger the fear the

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presenter has.)

In other words, there's a deeper fear involved.

Anyway, can you imagine how many lives have already been negatively affected by that survey whether or not they (the ones affected) readily admit it?

They may have heard or read it only once, but it may have left a strong enough impression on their minds (turning it into a strong belief) that it continues to influence their ability to speak in public (and without them knowing it).

Actually, you'd be surprised to know that when I recently used Google to search for certain related keywords, I got the following results:

**speaking #1 fear ... 40,800,000** results

**public speaking #1 fear ... 14,400,000** results

**public speaking number 1 fear ... 130,000,000** results

Wow! Just imagine that.

Of course, we can't tell how those words were actually used in each of those sources...in other words, whether it was used in a negative or positive way...or if someone was just asking a question with those keywords (way too many pages for me to check)...but we can pretty much tell that it's a widely talked about subject.

And I'm willing to bet that the *Book of Lists* has a lot to do with it.

## **Chapter 3**

### **Other Beliefs Possibly Holding Back The Fearless Presenter Within You**

In this chapter, I'd like to go over other widely held beliefs that may have been negatively affecting your ability to speak to groups (without your awareness).

Here's one:

**“If you're not nervous, it means you don't care.”** (about the outcome, that is)

I completely disagree with that belief.

It's “COMPLETE HOGWASH.”

Not thinking about the outcome does not mean you don't care.

In fact, after many live singing and speaking performances, I've found that the key to powerful performances is not to think about the outcome while performing.

Yes, the best performances are when you don't care about the outcome.

The truth is, the less someone cares about the outcome during performance, the more immersed he is in what he's doing (which results in “flow” state).

Also, more of his passion and powerful emotions shine through...resulting in a more powerful performance.

I'm convinced that a person is strongest or most powerful when he is totally congruent (which results in “flow” state).

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On the other hand, those who care too much are the ones who are nervous all the time.

They're nervous all the time because they're too careful or too cautious...always wondering whether their performance is good enough...whether every detail of their performance is perfect.

I mean, who would you rather watch, someone who is trying so hard to please you and is fumbling all over the place because of nervousness?

Or someone who is completely immersed in what he's doing that he forgets even himself...and he is completely calm/relaxed?

Someone who makes you feel uncomfortable because he, too, is uncomfortable?

Or someone who makes you feel comfortable because he himself is very comfortable?

(Believe it or not...and certain studies have concluded that this is true...*comfort* and *discomfort* are both contagious. The audience may not know why they feel comfortable or uncomfortable when they are watching you, but it has a lot to do with the signals they're "subconsciously" picking up from you.)

Realize this, nervousness is a form of resistance. It does nothing to support "flow"...no matter what anyone says or claims. In fact, it goes against flow or peak performance. (I don't know about you, but I'd rather perform in flow state any day than perform with nervousness or some form of resistance.)

In fact, most of the time, when you're nervous, your focus is mostly on the source of your nervousness (ex. your stomach, where the so-called "butterflies" are...your heart, because it's pounding so rapidly...your hands, because they're shaking uncontrollably...and so on).

When you're in "flow" state, you don't think about how you feel. *You simply feel.*

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Now, another variation of the above limiting belief is:

**“You don't care about what you're saying if you're not nervous.”**

Again, I say “COMPLETE HOGWASH.”

I mean, sure, you should care about what you're saying (and should care about the audience at the same time) or you wouldn't be there in the first place to present to them. Those are simply givens.

But to say “you have to be nervous to prove that you care” is totally absurd.

When you're performing in a less than favorable state, and it's affecting your performance negatively, do you think you're doing the audience members a favor? And if you're making them feel uncomfortable (because at a subconscious level, they could somehow sense that you're uncomfortable), are you doing them a favor?

Truth is, based on my years of performing experience, the best feedback I've received (thunderous applause, encores, and even standing ovations) was when my focus was not on caring...when I was simply enjoying my performance. When I was completely immersed in what I was doing.

Realize that the more you care (especially, about what people will think or say), the more nervous you'll become...and the more your presentation will be affected...and the more the audience will not think favorably towards you.

In fact, the best way you can show that you care about what you're doing is when you're completely relaxed when you're doing it (and even better when you feel extreme joy doing it).

When you're completely immersed in what you're doing or when your whole being is into it, you're congruent. You're in the flow. And that's the kind of performance your audience wants to experience.

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In fact, it requires the willingness to be vulnerable (which a lot of people are simply not willing to do).

And you want to know something?

The best performances are when a performer (or presenter) is doing it for himself first.

And no, I'm not talking about being selfish or self-centered here.

What I'm saying is that a performer can't let others "feel" unless he himself "feels" first.

Think about it.

How can a performer help the audience feel fulfilled when he himself doesn't feel it with every fiber of his being first? When he doesn't experience the internal reward or pleasure of performing first?

And if what you're doing doesn't make you feel joy or fulfilled, why are you there? Why are you doing it? Do you think the audience will benefit if you're presenting a false front? A mask? Someone other than your true or authentic self? (unless, of course, it's a play where you're playing the role of a particular character)

If something doesn't give you pleasure and you're doing it...then you must be doing it against your will. Which means, you're not being true to yourself...and that you're being false to the audience.

Put another way, how can you give something you don't have? If you don't feel joy, how can you give it to others? How can you make others feel it?

The best performances are when the performer really enjoys what he's doing. It's like watching someone who is not aware of the audience (kind of like someone singing in the bathroom).

(Truth is, whether or not your audience expresses it to you, they know at a subconscious level that they want you to "feel" first...to be

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completely immersed in what you're doing. Because only then will they feel what you feel. Only then will they experience your world...even for just a moment.)

It's easy to sense when a presenter really loves what he's doing and is completely in the moment. You simply feel it. (And it's not the "*I'd rather be somewhere else right now*" attitude that many nervous presenters may be conveying to their audience.)

Again, in my opinion, this particular belief ("You don't care about what you're saying if you're not nervous...") is just another attempt by many people to justify their limiting beliefs.

(In fact, it's funny that some even like to brag about how nervous they are...like it's something to be proud of.)

Another limiting belief I hear a lot is...

**"If you're not nervous, you're not alive."**

To that, I say "GARBAGE!"

We have to put things into the proper context.

Yes, there are times when it's appropriate to be nervous (like when there's a big lion right in front of you and it's looking at you like you were a big steak).

However, there is no reason why you should be afraid of fellow human beings (unless they look like they're going to tie you up and sacrifice you to their so-called god).

And here's another one:

**"Nervous speakers are better speakers than those who are calm."**

RUBBISH!

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Absolutely “FALSE.”

And unlike what some say, calm doesn't mean indifferent.

Sure, there may be *some* who are calm and indifferent (or appear indifferent)...but it doesn't mean that in general, speakers who are calm are necessarily indifferent.

Again, never accept that disempowering belief or you will be a nervous speaker/presenter all your life.

Instead, often repeat the following to yourself (and believe it with every fiber of your being...because it's absolutely true...and you already know it).

FEARLESS SPEAKING IS NATURAL TO ME.

I AM A NATURAL AND FEARLESS SPEAKER.

Another one I hear a lot is...

**“Nervous energy is a good thing. It helps keep you sharp and on your toes.”**

FALSE! FALSE! FALSE!

What a bunch of HOGWASH!

Any type of nervous or fearful energy is disempowering and undesirable. It disrupts “flow” or “harmony.”

What makes a great performance is when you're performing at your peak...when you're performing with your whole being...or when you're in flow state. Not when a part of you is fearful or nervous.

There's nothing beautiful or positive (or natural) about being nervous when you're doing a “good” thing (of course, if you're doing something immoral, unethical, or illegal, then it's only appropriate to feel nervous).

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In fact, nervousness or any kind of fear is usually associated with many negative or disempowering things (ex. self-doubt, lack of confidence, falsehood, etc.)

So my question is: *Why would you even want it?*

In other words, why would you want to live with something disempowering that you don't have to?

Because others said so? Because some people you respect said so?

Somehow, I find it hard to believe that you'd rather choose other people's opinion over *freedom* (the freedom you once had as a kid).

Actually, what's funny sometimes is, some people who like to spread these limiting beliefs even try to make you feel abnormal (or even guilty) if you don't somehow agree with them. Or if you don't act according to what they expect of you.

Someone might put it in the form of: *"Are you nervous?"*

And then when you say, *"Not really,"* the person will either look at you like you're lying...or will try to make you admit that you are lying.

The person might say something like: *"Come on, it's okay. You can admit it. It's only normal. Hey, look at me, I'm nervous."*

(Basically, it's like someone saying to you: *"I'm nervous, therefore you should be, too...because it's only normal based on what I've heard somewhere."*)

Now, another faulty argument I hear a lot goes something like the following:

*"Well, look at John Doe, the world's greatest athlete. He admits that he's always nervous during performance."*

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Basically, it's implying that John Doe's being nervous during performance contributed to his being a great athlete...to his being a big success.

Put a different way, "his nervousness during performance" was the determining factor that led to his success.

I mean, can you see the danger in someone making such a conclusion?

And what if someone happens to be a *big fan* of John Doe and he heard that faulty argument?

Wouldn't it be possible, even easy, for him to conclude (either consciously or unconsciously) that: *"Well, if John Doe is always nervous during performance, and he's so successful, then, in order for me to be successful like him, I'd also have to be nervous during performance."*

Or...

*"Well, if John Doe, a great athlete, is always nervous during performance, then it must be okay to always be nervous during performance."*

Or...

*"Well, if John Doe, a great athlete, is always nervous during performance and he gives such great performances, then, in order for me to also give great performances, I, too, must be nervous during every performance."*

I mean, can you see how silly the argument is when you put it under the microscope?

And can you see how a negative conclusion can come out of a faulty argument? How it can negatively affect your ability to present to groups in the short and long term?

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That's why I suggest that you be careful with the conclusions you come up with (especially when dealing with possible faulty arguments).

And don't be too quick to believe (or accept as fact) what you hear simply because it's coming from an expert or someone you respect.

Learn to question the argument (which is, in a way, just an opinion).

Determine whether it's sound or faulty.

Because, if you accept a faulty argument or limiting belief, or adopt it in your life, it can leak into other areas of your life.

It can run your life in ways that are not supportive of your dreams (like a faulty software program running in a computer).

In other words, it's important that you take a close look at the argument. Analyze it.

Does it make sense? Does it resonate with you at some level?

Or is the reasoning or logic behind it faulty?

In fact, ask yourself: *“Could it be that what I've heard and believed strongly all these years about public speaking may actually be false?”*

And ask: *“What other limiting beliefs could I have possibly accepted and adopted all these years that I didn't bother to question or analyze in the beginning? And that have negatively affected my ability to present to groups?”*

In other words, you want to make sure that your beliefs empower you, since they shape your actions or behaviors...thus your results.

Don't allow limiting beliefs to take hold of you like a captor takes hold of a slave in chains. Because if you do, you'll pass up on so many opportunities that come your way. (Actually, how do you know that you haven't already passed up on so many opportunities throughout the

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years because of certain limiting beliefs? How can you be sure that certain limiting beliefs were not controlling your life all this time?)

Truth is, when you're comfortable speaking in front of a group, big or small, it will automatically have a positive effect on your confidence level and effectiveness when communicating in other ways (conversations, phone calls, and so on).

In fact, it will have a great impact on your confidence level overall.

Now, there's something I want to mention here. And it's probably one of the reasons why a certain number of people are stuck with these limiting beliefs.

You see, it reminds me of a story I once heard.

It's about a fox who kept jumping up and down to reach some grapes dangling from a tree. And after many unsuccessful attempts, he finally gave up and said something like: *"Who wants those grapes, anyway? They're probably sour."*

In the same way, it's possible that many people couldn't prove to themselves that it's possible to present "fearlessly"...after attempting so many times, so they accepted their condition as permanent.

And they even go as far as criticizing anyone teaching "fearless" presenting so they could further reinforce their position or belief. So they could continue to justify their public speaking fears.

Sad, isn't it?

All because they couldn't reach the grapes dangling from the tree (after many attempts), they feel that it should be true for everyone.

In other words, it's the *"If I can't do it, who are you to say that you can?"* attitude.

Now, after presenting all the above limiting beliefs (or faulty arguments), there's something I strongly encourage you to do.

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Go deep within and listen to that part of yourself that knows the truth.

That knows that what I'm saying makes sense.

As I've mentioned many times, I'm merely here to remind you of *what you already know deep down inside*.

## **Chapter 4**

### **YES, You Can Choose A Natural and Empowering Way To Present To Groups**

So, now that you're aware of the different limiting beliefs that could be holding back the natural and fearless presenter within you...the question is, what empowering belief should you adopt instead?

Well, the complete opposite, of course.

**“Speaking fearlessly in front of others is only natural.”**

Or...

**“It’s normal to be calm before or during a presentation.”**

Know that it’s true (because it always has been true) and do everything it takes to reinforce it into your being until it’s once again a natural part of your life.

In my second ebook, *Unleash The Courageous Child Within*, I mentioned what experts have been saying for years.

And that is, *we were born with only two fears* (the fear of noise and the fear of falling).

Which means, we were “not” born with a fear of presenting to groups.

The concept of stage fright or performance anxiety was nowhere in our vocabulary when we were very young.

That fear was simply “learned” somewhere along the way as we were growing up.

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And it certainly can be “unlearned.” (In other words, you’re not stuck with it forever.)

The concept of...

SPEAKING IN FRONT OF A GROUP = NERVOUSNESS/FEAR

...does not mean anything to children yet.

I mean, I’m sure that when you were a young kid and you were talking to a group of other kids (or even adults), you didn’t mentally say to yourself: “*Oh, this is a speaking situation, therefore, I must remain calm.*”

And it’s because there was no need to think it. It was *simply natural to be calm* in such a situation.

Nervousness, at that time, was not a natural state (at least, not in the context of presenting to groups).

(In other words, the concepts of *calmness* and *nervousness* were not even on your mind yet...especially when speaking in front of others.)

So, why then, should you accept it as a natural state now?

Now, before we move on, I just want to take a step back and add a couple of things (to the “fox and grapes” example I gave above, that is) why I believe it’s hard for many to let go of the disempowering belief that it’s normal to be nervous when speaking in front of a group.

You see, this is what I believe happens to many people (and I’m talking specifically about people who continue to succeed in life despite having this limiting belief)...

A person feels nervous before a performance. And he performs anyway despite what he feels.

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(Note: I have nothing against the ability or willingness to take action despite fear. It's a great quality and I fully support it. I'm merely using this example to make an important point.)

And then, let's assume he does a great job even though he was nervous throughout his performance (or even at some points during his performance)...and he gets a thunderous applause.

Well, he ends up justifying that he managed to get through it okay...and he even received great feedback...so it must be okay.

So, the belief that "it's okay to feel nervous" is reinforced further into his being.

And then he hears/reads about it more (from different sources)...so it reinforces the belief further.

Plus, he even takes pride in it...knowing that he's not alone in feeling it.

In other words, every time he hears someone (especially if it's someone reputable) say "it's okay to feel nervous," he rejoices in the fact that even reputable people support his belief...and that he's on the right track.

So what happens?

Well, he's trapped in this never ending cycle of performing in a disempowering state, justifying of fears/anxieties, pride in being on the right track, and reinforcing of limiting belief.

And I'm not surprised if he's always nervous when speaking to groups...and if he remains that way throughout his life.

(And the sad thing is, it could leak or carry into other areas of life, such as failing to ask others for help, failing to perform well in interviews, failing to actively participate in meetings, failing to express one's self fully and freely in conversations or social gatherings, and more.)

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Now, I want to go back to something I just said above (but this time, used in a different way)...and it's one reason why I feel people remain stuck where they are (in other words, why they fail to embrace an empowering alternative).

The word again is...

### **PRIDE.**

(Yes, the big P-R-I-D-E word.)

They don't want to accept the fact that they possibly made a mistake in judgment...or a bad decision (especially if they've held the belief for so long and they now find it hard to let go).

So they go on pretending that everything's okay, just to save face (especially if they were among the ones shouting from the rooftops that it's normal to be nervous when presenting to groups).

In other words, they'd rather continue to suffer pain than to admit they were wrong. To them, it's much more painful to change than to stay where they are.

Now, at some point, you may have asked the following (which I answered above in an indirect way):

*“Why would I want to change my ways when I’m succeeding on a big scale anyway, despite my being nervous during performance?”*

Again, realize that it's not immoral to be nervous during performance.

It's simply not normal (it's *irrational* to be afraid of a bunch of people who are not out to get you). It's not the natural state to be in (in that particular context).

And yes, you can achieve high levels of success in life despite being nervous during performance.

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There's no doubt about that. In fact, there's a lot of proof to back that up.

However, let me ask you this:

If you were told that you could reach a magical island (where your every wish could be granted)...and you were given two ways to get there using a boat...

1) A route that will force you to face tons of crocodiles, piranhas, and other dangerous sea creatures...

2) A route that poses little or no danger (in other words, still or calm waters)

...which route would you take?

One destination...two different routes (with two different conditions)...which route would you take?

I don't know about you, but I'd rather take the second route. (If you happen to be the type that's looking for a little more "danger"...you may go with the first route.)

Now, does it make you a worthless human being if you take the first route and not the second one? Of course not. It's simply more wise (or it simply makes more sense) to take the second one.

I mean, why would you want to go through "unnecessary" discomfort/pain—tension, stress, or anxiety—on your way to your target (or ideal state/condition) when there's another way that will allow you to get there without your needing to go through it? (I put emphasis on "unnecessary" because there is a choice.)

Of course, if there's no other choice but to take the first route to reach the island, then you simply must take the first route. You simply must face the danger and overcome it.

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However, my point is, if there's another way...another choice that is much more desirable (and wise)...or much more empowering...why would you not want to take it?

Why would you want to go with the less than ideal choice?

Doesn't it only make sense to go with the route/path that will give you the least discomfort/pain while pursuing what you want?

I mean, in general, wouldn't you prefer a life *where you are only afraid when there's a need to be afraid?* Where you only feel stress or anxiety *whenever it's appropriate?*

Well, you can live such a life.

But first, you must believe that it's possible.

Truth is, once you've adopted this more empowering belief, a whole new world will open up before you...and you'll wonder why you ever allowed a limiting belief to have power over your life.

You'll feel like you can go so much further in life.

And one reason is because, at a subconscious level, you'll know that you have the ability to do what most people fear (according to the Book of Lists, that is)...what most people will do anything to avoid.

In fact, you may even think the following at times:

*"If it is true that speaking to groups is the #1 fear, and I've conquered it, then it makes all other fears small in comparison."*

Or...

*"If it is true that speaking to groups is the #1 fear, and I've conquered it, I can easily conquer all other fears."*

(Notice that I said "if it is true." Meaning, we're not necessarily accepting that the survey's results were true.)

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Again, something like the following may have crossed your mind: *“Oh, come on, Ron. Maybe you and other fearless presenters have a unique gift and it doesn’t apply to the rest of us.”*

Well, sorry to disappoint you, but I have this to say...

The only difference between fearless presenters and those who are nervous all the time when speaking is this: *Fearless presenters were able to **retain certain empowering beliefs** they once had in childhood.*

And those empowering beliefs are what I’m sharing with you here (and what I’ve shared through my second ebook).

So, tell me, were you not a child once?

Because the only way *fearless presenting* cannot apply to you is if you were not a child once...or you’re from a different planet (meaning, you’re not a human being).

I mean, why should I be able to do it and not you?

We're all human beings, are we not?

We all have the same nervous system, do we not?

So, if you happen to have the same ingredients for a cake that I have (and that other fearless presenters have)...and you bake it in the same way, would you not end up with a similar cake?

Of course you would.

And that’s exactly what I’m doing my best to achieve through this ebook (and even through previous ebooks)...to give you proven models or strategies...to give you ingredients you can use to unleash the fearless presenter within you.

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(What I'm basically giving you here are the "ingredients" for *fearless presenting*. And I'm talking about using the power of "modeling" ...something I devoted a whole chapter to in my second ebook. Please do read it. It's very important.)

(Note: Of course, I'm not saying that if you were to apply what I've taught you, you'll become an *overnight* excellent presenter. You still have to work on the "outer" game factors I mentioned earlier...which includes the effective delivery of your message. However, because you'll have a more solid foundation...due to the fact that **you have your "inner" game in order**, you'll reach a higher level of mastery much, much sooner. And not only that, you'll enjoy speaking more and more as time goes by. You'll never again see public speaking as a negative or painful activity to avoid at all costs. **That I can promise you.**)

Now, does it mean you'll never feel anxious/nervous...ever?

Of course not. That's not what I'm saying.

There may be times when, for no reason at all (or when you least expect it), fight-or-flight symptoms kick in.

But I can tell you this: Once this empowering belief is strongly ingrained in you, you'll "rarely" get nervous (yes, not only in speaking situations...but even in totally new situations you've never experienced or encountered before).

You'll feel like you can walk into any situation (again, not just speaking situations) and know that you'll be okay.

And if anxiety "occasionally" creeps in, it will be slight...and it will immediately fade away the moment you become conscious of it (because you'll see it for what it really is). In other words, it won't paralyze you.

Feeling anxious will not be the norm. It will be just like a dog that *occasionally* gets out of the house without your awareness. But then once you're aware of the dog getting out, you simply call it back in.

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In other words, you'll rarely feel anxiety or nervousness when it's not appropriate.

(And when I say "rarely," I mean "so rare" that it's not even worth talking about.)

And this is the way it should be. This is the way it was at one time when we were children. (I mean, why should it be any different now?)

So, now, how exactly can you replace any of the limiting beliefs mentioned throughout this ebook?

Or what steps can you take now to help unleash the fearless presenter within you?

Well, let's go on to the next empowering chapter...

## **Chapter 5**

### **Powerful Tips That Will Help Unleash The Fearless Presenter Within You**

Below are some excellent steps you can take to replace the limiting beliefs you've read throughout this ebook (just as I've gone through the steps in my second ebook)...followed by some powerful tips to help reinforce the new, empowering belief.

Basically, what you want to do is come up with all the reasons why you must replace the limiting belief.

List down what it will cost you if you don't replace it...and what it's already costing you.

In other words, question your limiting belief to the point where it no longer has any power over your life.

Ask yourself questions like:

- 1) How has this belief negatively affected my life so far? How much pain has this belief already caused me (and those I care about)?
- 2) Why is this belief completely absurd?
- 3) Why doesn't it make any sense to have this belief anymore? Why would it be absolutely foolish to continue to have this belief?
- 4) Why should I get rid of this limiting belief? And why should I do it as soon as possible? In other words, what would it cost me in the future if I don't change it now?

(The goal is to associate so much pain to the limiting belief that you'll do whatever it takes to eliminate it from your life.)

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And once you've weakened that particular limiting belief, go on and create a new, empowering belief to replace it. (And reinforce that empowering belief until it's solid.)

Realize that everything you do (what you think, what you say, what actions you take) from now on must reinforce this new belief.

In fact, here are some...

### **Powerful Tips To Help Reinforce The New Belief In Your Being**

Let's start with...

#### **Visualizations**

Basically, you want to visualize yourself often as a natural and fearless presenter (or to visualize yourself fearlessly presenting to groups).

And there are a couple of ways to do it (using some powerful strategies borrowed from the science of *NLP* or *Neuro Linguistic Programming*).

First, there's *disassociated* mode (also called *dissociated* mode...which is one type of perspective)...

What you would do is visualize yourself giving powerful presentations like you were watching yourself as an actor on a movie screen.

Of course, you don't have to actually imagine a movie screen. You can visualize it in such a way that it's life size. Like it's right in front of you. (Meaning, you are either standing beside yourself or watching yourself from a distance as a third party observer.)

Second, there's *associated* mode (another type of perspective...and which I believe is much more powerful)

And what you would do is visualize the scene from within your own body...with your own eyes...and looking out at the world around you.

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In other words, you'd be looking directly at the audience and everything else surrounding the event (but you wouldn't be watching yourself this time, since you are in your own body).

Now, it's best that when you visualize (especially when you're using *associated* mode), you make it as close to "real life" as possible. For example, you want to add color, make the picture big and sharp, hear the sounds around you, etc.

In fact, involve as many of your senses as possible.

And another important thing to remember when visualizing is to involve *positive feelings* while doing it.

Put yourself in the physiological state you'd be in (or you think you'd be in), if you were already a natural, fearless, and powerful presenter.

Stand, walk, and breathe the way you would if you were already a powerful presenter.

(In fact, you can do visualizations with your eyes open or closed. It's up to you. Whichever you're more comfortable with.)

Now, if you'd prefer to use both modes/perspectives (*disassociated* and *associated*) when visualizing (alternating between the two), go right ahead. There's no rule that says that you must only use one. (In fact, in the beginning, it's probably a good idea to do both for maximum effect.)

Now, let's go to...

### **Your Self-Talk**

Realize that your self-talk (conversations you have with yourself...in your mind) affects your feelings toward the activity of public speaking.

That's why you must replace any negative self-talk from your system.

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Below are some affirmations or statements (even questions) you can use whenever negative self-talk creeps in...

(Note: Do your best to say them with as much conviction as possible. But don't worry if, in the beginning, you don't feel completely convinced when you say them. A time will come when you won't need to say them as often...or anymore...because you will simply know that they are true. For example, I don't have to keep saying "I'm Ron" to convince myself that that is who I am. I simply know it.)

"I love being in front of others."

"I love the opportunity to express myself."

"I love the opportunity to express my truth."

"I love the opportunity to inspire others with my performance."

"I'm a powerful performer."

"I'm a natural and fearless presenter."

"I just love performing."

"I enjoy performing."

"I have fun speaking to groups of people."

"I'm very comfortable presenting to groups."

"I love presenting to groups."

"I love the spotlight."

"I love being the focus of attention."

"I enjoy it when all eyes are on me."

"I love inspiring people with my performances."

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“I just can’t wait to perform!”

“I’m excited to perform!”

“I can’t wait to go on!”

“When is it my turn to go on?”

“Is it my turn yet?”

“This is a great opportunity for me to shine.”

“This is my chance to shine.”

“I can’t imagine being anywhere else at this moment.”

“Thank you, God, for allowing me this opportunity to inspire others.”

...and similar statements (just add your own empowering statements...and, again, make sure to read my ebook, *Unleash The Courageous Child Within*, because there are many more ideas you can get from it)

(\*\* If you’ll notice, the affirmations, statements, or questions above link “pleasant” or “positive” things to *the act of speaking to groups*. **Excitement. Enjoyment. Fun. Comfort. Love. Enthusiasm. Eagerness. Opportunity. Fulfillment. Gratitude.** *In other words, if you associate such positive things to public speaking, would you still have any reason to hate it? Would you still avoid it at all costs? Of course not.*)

Now, let’s talk about...

### Your Conversations With Others

For example, if you’re about to do a performance and someone asks you, “Are you nervous?” ...say something like: “No, I’m not. Actually, I can’t wait to go on.” Or... “Are you kidding? I’ve been waiting for this moment!” Or... “Are you kidding? I love doing this!”

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In other words, avoid saying anything that goes against your new, empowering belief (because it will be detrimental to your success in this area).

Just remember, everything you do from here on in must reinforce your new belief.

And I mean “everything” (down to the micro level).

And lastly, let’s go to...

### **The Things You Read/Hear (Or Anything You’re Exposed To)**

From now on, whenever you read or hear anything that goes against your new, empowering belief, just ignore it and move on.

Or say something like “GARBAGE!” or “RUBBISH!”...and move on to something else.

In other words, change focus instantly. Don’t entertain what you’ve read or heard.

Don’t give it a chance to make you question your new, empowering belief.

You’re now happy with your new belief and have no time to waste on any opposing (and disempowering) thoughts.

See it (the attempt to affect you in a negative way) for what it is.

You’ve played the “programmed robot” role long enough. Refuse to play it anymore.

Remind yourself of your new belief (declare it often in your mind)...and keep reinforcing it until it’s so solid that nothing can shake it.

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**Now, at some point, you may have asked:**

*“Ron, how exactly does it feel to present fearlessly (or without nervousness or fear)? How will I know when I've done it?”*

Well, all I can say is it's a great feeling! It's like being a kid again.

It's that joyful feeling of having complete freedom to express yourself...without any concern about what others would say if you made a mistake.

In fact, it's like being completely vulnerable...yet totally in control at the same time. (I know it may sound a little weird, but it's true.)

You'll feel a kind of power that's hard to describe...like all parts of your being are working in complete harmony. Like your total being is congruent. Like you wouldn't want to be anywhere else at that moment in time. (Yes, that's what it feels like to be in “flow” state.)

I can promise you that once you feel it (again, that is...since it's not something new to you...you've felt it many times in childhood), you'll never want to go back to your old disempowering ways.

In fact, you'll wonder how you could have given away power for so long.

You'll wonder how you could have let society (or anyone) take a piece of your *naturally expressive* and *uninhibited self* away (or the freedom you once had).

(Again, no one should have to live with fear of speaking to a group just like no one should have to live with fear of dust...or anything harmless. NO ONE.)

I assure you that, you, too, can feel that way (presenting in a fearless manner) again. You, too, can feel that kind of freedom again.

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**You only need to take your power back and choose to be the “natural” and “fearless” presenter you truly are. (In fact, you owe it to yourself.)**

(Remember: Only you have the power to fully unleash the fearless presenter within you. Only you can give it permission to come out. I can only show you how to do it...but it is YOU who must do it. And it all starts with a decision from YOU.)

In fact, if I were to give you only one reason why you'd want to adopt this more empowering belief, it would be because of this word:

### **FREEDOM**

Yes, FREEDOM.

Freedom from the chains of fear. (From being a slave to unnecessary fears.)

And freedom from past negative programming or limiting beliefs.

Because, in the end, freedom from those things will give you the...

**FREEDOM to express yourself *naturally* and *fearlessly*...just like when you were a child.**

## Life-Transforming Resources

- Curious as to where you are when it comes to your presentation skills? And how much further you can go? Find out by taking the FREE *Powerful Presentations Evaluation Quiz* at:

<http://www.publicspeakingtipsforyou.com/quiz7>

Along with your results, you'll get valuable tips you can add to your public speaking arsenal.

- Sign up for Ron's FREE *Public Speaking Tips* Newsletter packed with powerful tips, techniques, and insights that will take your presentation skills to even higher levels. Just visit the following link:

<http://www.publicspeakingtipsforyou.com/signup>