

Techniques for stress management in public speaking

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Virtual

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Around

70%

of people are afraid of public speaking

Source: National Institute of Mental Health (2022)

Contributing Factors

- Personality
- Genetics
- Lack of Exposure
- Cognitive Biases



Input time

Which factor do you feel contributes most to your own public speaking nerves?

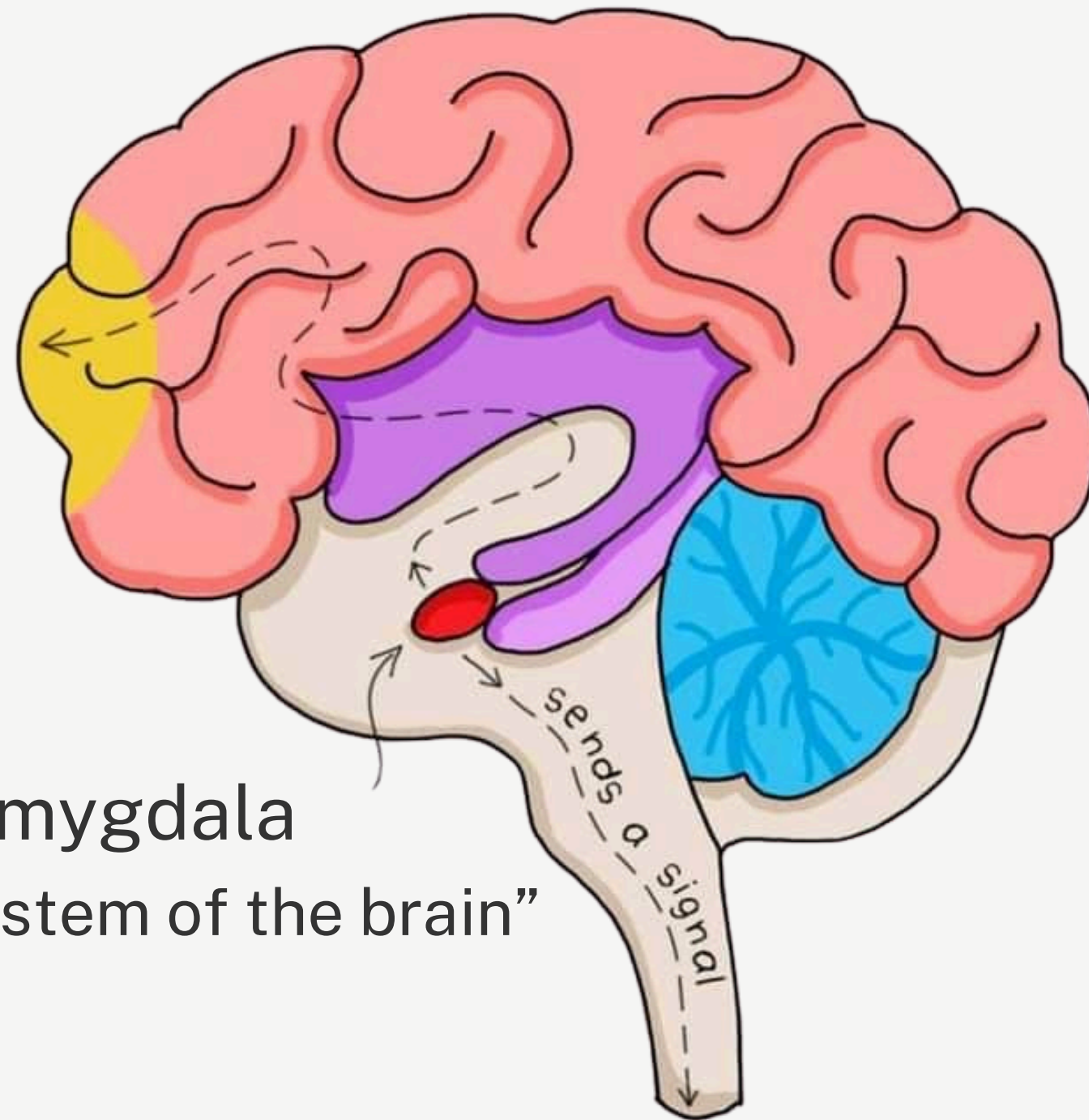
- Personality
- Genetics
- Lack of Exposure
- Cognitive Biases
- Other



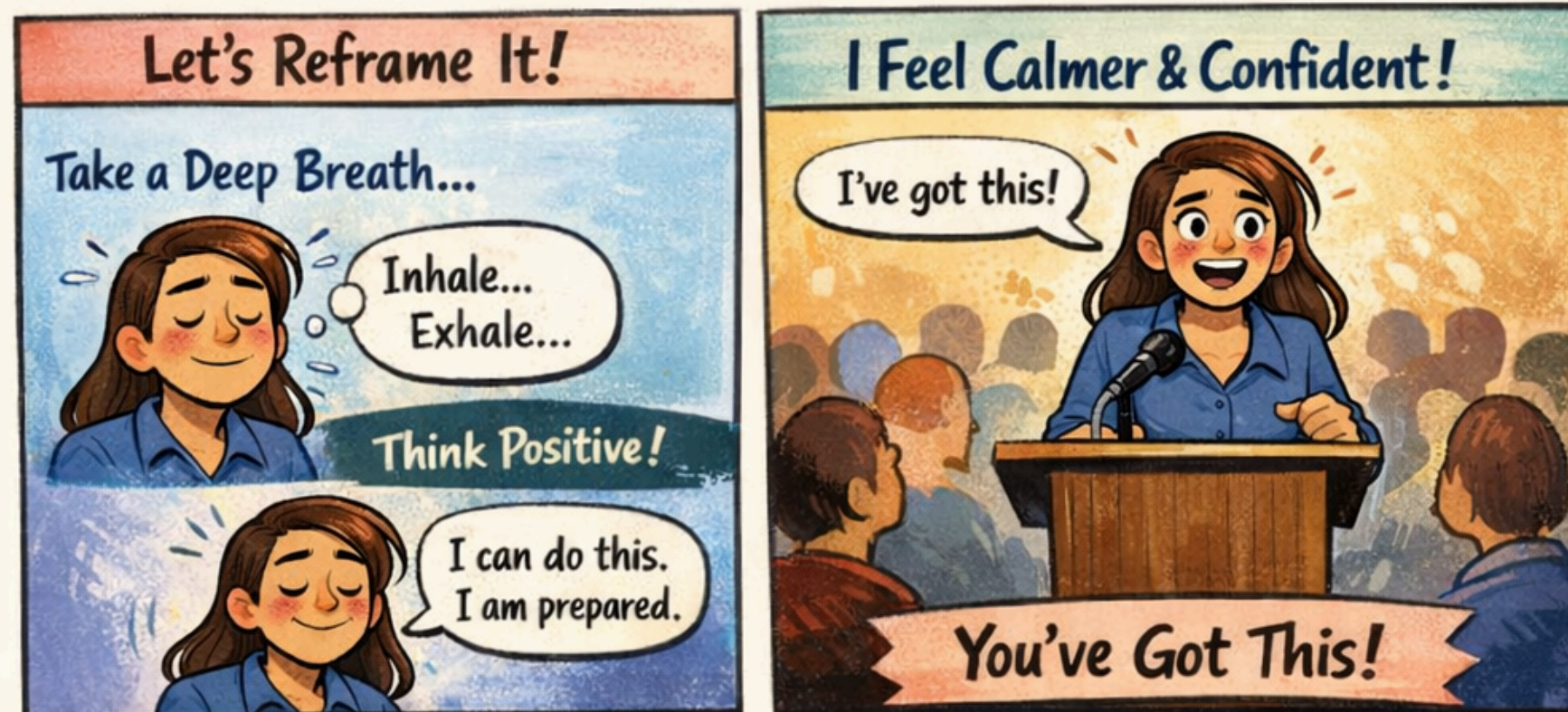
What's happening in the brain?

Prefrontal Cortex
“CEO of the brain”

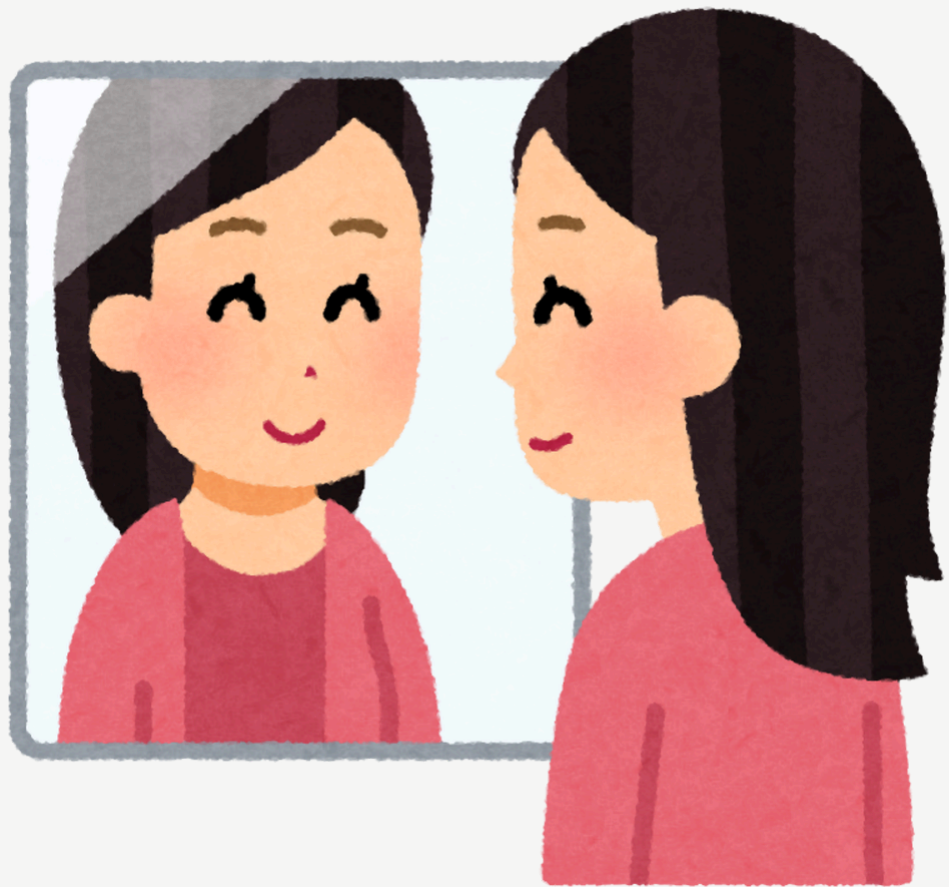
Amygdala
“Alarm System of the brain”



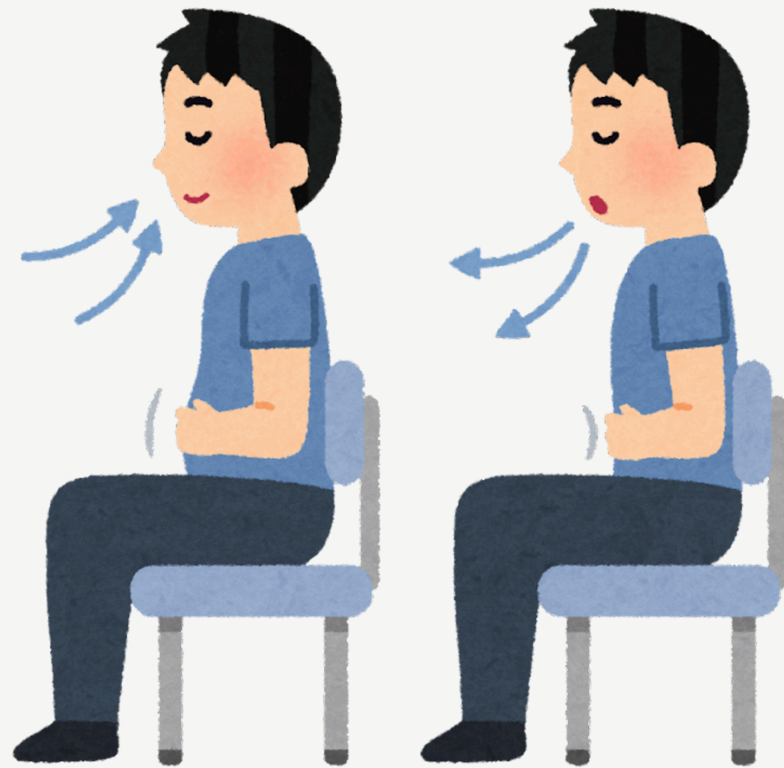
The Fight or Flight Response in Public Speaking!



Managing nerves



Practice



Deep breaths

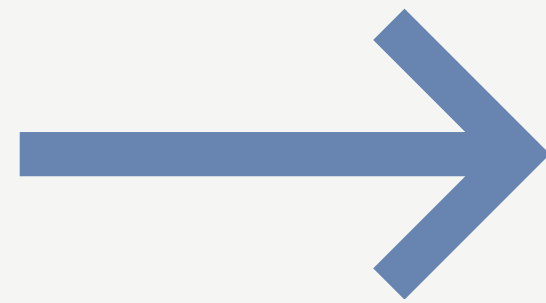


“The Shake Off”

Cognitive reappraisal

Altering the meaning assigned to an emotional event, so that its emotional impact changes.

“I’m nervous”



“I’m excited”

Set Tone for Credibility

Do not minimize your authority.

Avoid sentences such as:

- “I’m just going to...”
- “I’ll briefly talk about...” (*unless time-limited*)
- “This might be obvious, but...”
- “I’m not sure if this is the right place...”

Set Tone for Credibility

Instead, deliver value/state the objective from the very beginning.

Example

Instead of saying: “Today, I’m talking about [topic].”

Say:

"Today I’m talking about [topic] because it will help us [learn/do/understand something valuable]."

Importance of Posture

- Creates confidence, authority, and credibility
- Strongly influences audience perception through non-verbal communication
- Enhances breathing and voice control

