

## Help with Public Speaking and Stuttering

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Help with Public Speaking and Stuttering It can feel like a real challenge for a stutterer to have to undergo a public speaking situation. Fluent people also have anxiety and fears about public speaking, which tends to be ever more for stutterers. Nevertheless, one should not shy away from such situations, but try to tackle them, as eventually by expanding your comfort zones, stuttering would automatically be minimized. If you have faced lots of people and spoken, then speaking one on one, stops feeling like a big deal! Some tips to alleviate stuttering during public speaking -

- Go through this website - Public Speaking Help. It has lots of useful material on anxiety, fear control which applies to everyone.

- Think of all the words/content before the talk. Thinking first is highly advisable. Begin at a slower pace and then gradually go your usual pace when you start gaining confidence.

- Say the words mentally first. Practicing what is about to be said is helpful prior to saying it out loud to others. This is called aural visualization, the same technique successful people are doing when they try to visualize their positive future and success even before it starts to happen. Literally, say the words and hear every single word in your mind before saying it loudly.

- Stop the negative thinking! Visualize the situation and how you would feel after the speech has been received well. Be positive about the outcome and you straightaway improve your speech! These tips should get you off the starting block! Do browse around this website for more tips/info.