

Ten Causes of Presentation Stress and Ways to Avoid Them

1. Thinking that public speaking is always stressful (it's not)
2. Thinking you MUST be brilliant or perfect to succeed (you don't)
3. Trying to impart too much information or cover too many points in a short presentation (All you need is 2-3 main points)
4. Having the wrong speaking purpose in mind (to get something rather than to give/contribute something)
5. Trying to please everyone (this is unrealistic)
6. Failing to be genuine, human and humble. (Humility and humor go a long way)
7. Being fearful of mistakes or negative outcomes (they almost never occur and even when they do, you can use them to your advantage).
8. Trying to control everything or the wrong things (e.g., the behavior or reactions of your audience).
9. Over preparing (instead of developing confidence and trust in your message and your ability to share it).
10. Thinking your audience will be as critical of your presentation as you might be. (They most often want to see you succeed)