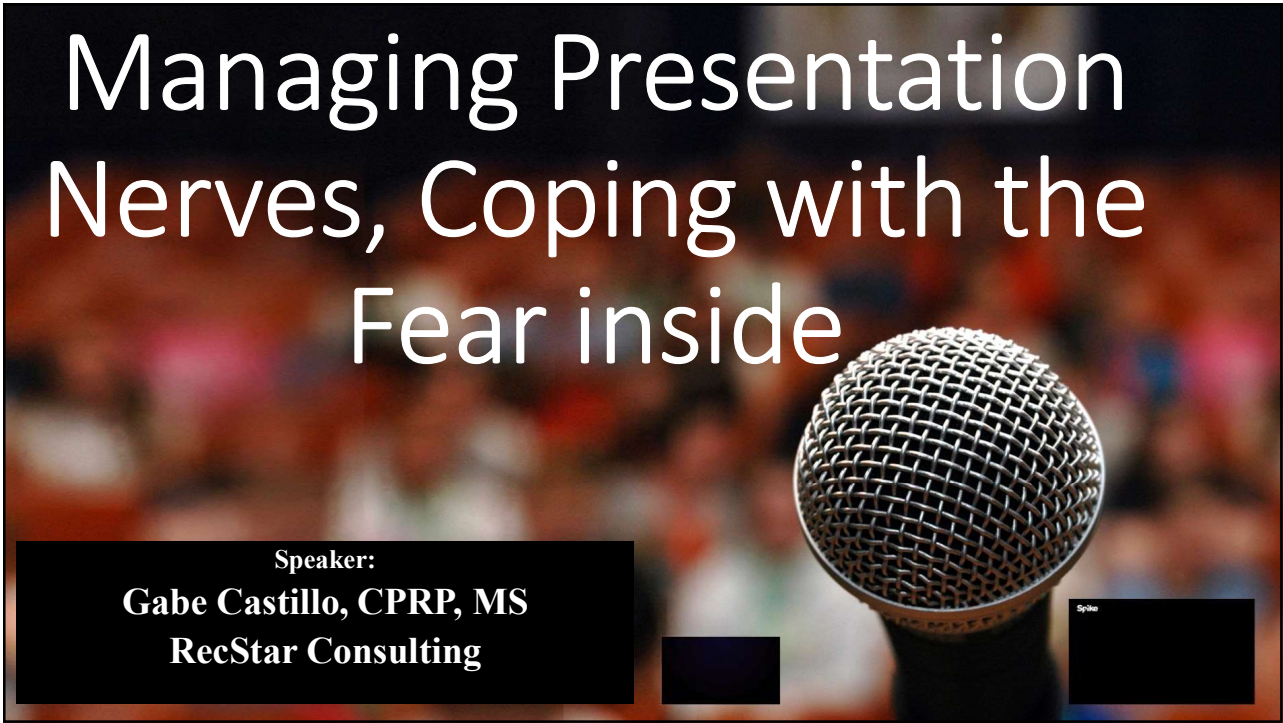




1



2

Managing Presentation Nerves, Coping with the Fear inside

A close-up of a silver, mesh-covered microphone in the foreground, slightly out of focus. The background is a blurred crowd of people, suggesting a public speaking event or a large gathering. The overall tone is professional and focused on the theme of public speaking.

3

*Whether you
Think you can,
or Think you can't
Your Right*

Henry Ford

4



5

LEARNING OBJECTIVES



- Identify why fear exist
- Explore how to overcome the fear
- Tips on when you speak in public

6



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11



12

fear

/fiə/
(noun)

An unpleasant emotion caused by the threat of danger, pain, or harm.

- Dry mouth
Tight throat
Sweaty hands
Cold hands
Shaky hands
Nausea
Fast pulse
Shaky knees
Trembling lips
Fear of success

13



2 Major Aspects that Drive Human Behavior

14



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16



- Control
- Dignity
- Respect

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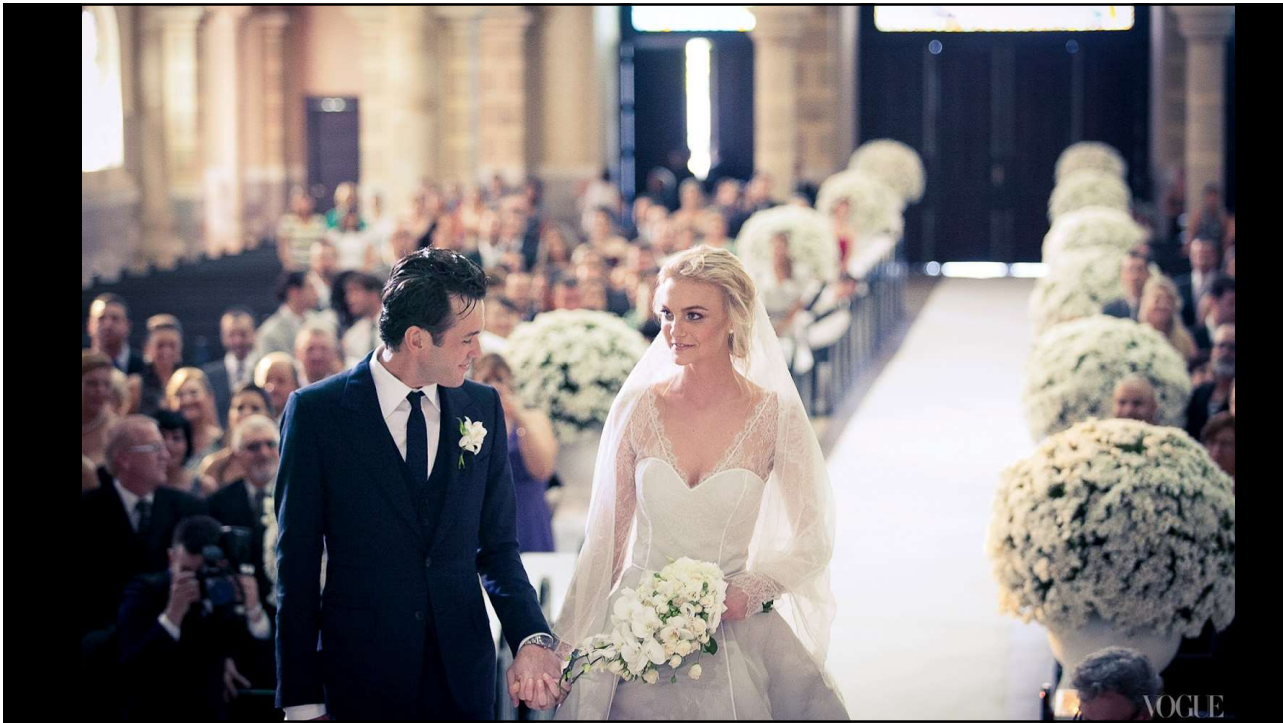
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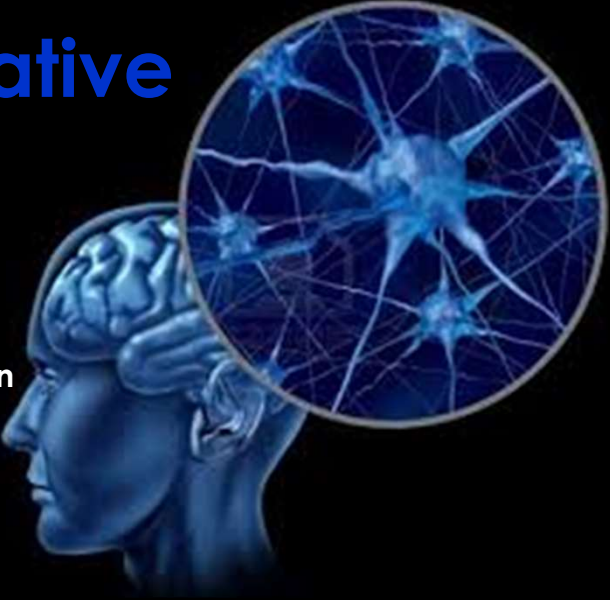
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Neuro-Associative Conditioning

Whatever we associate to a situation in our nervous system is going to determine our behavior.



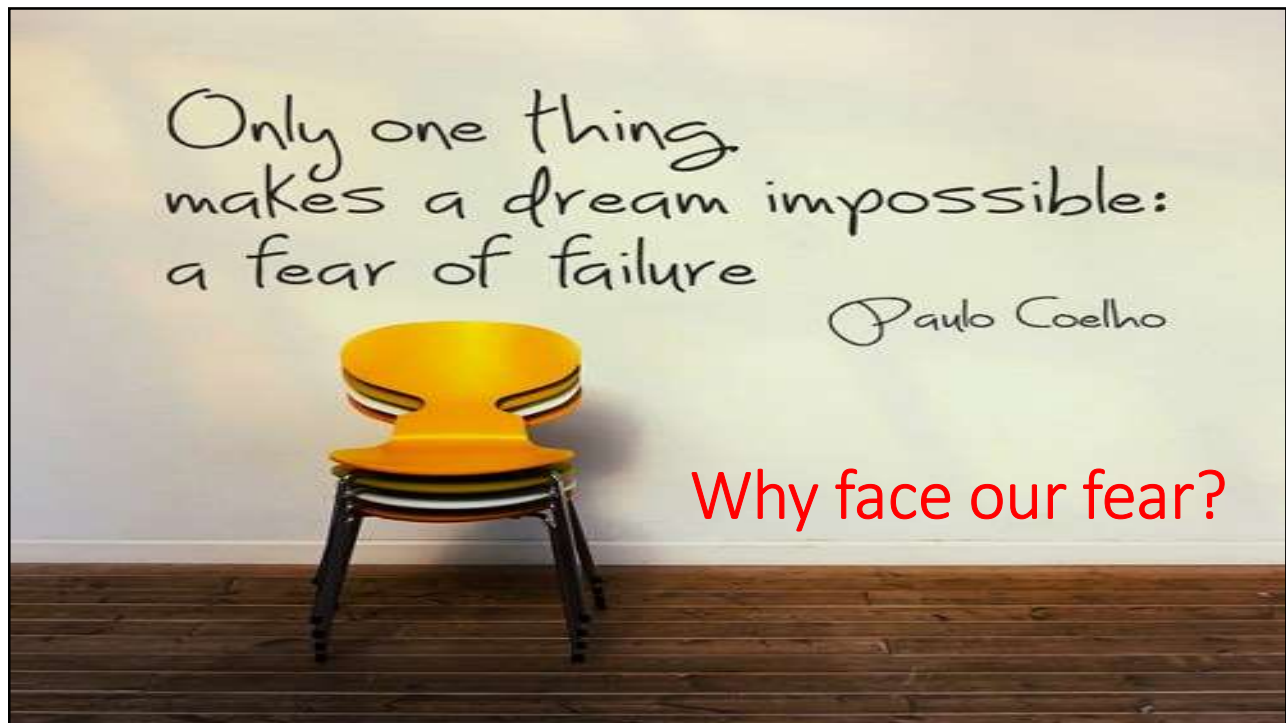
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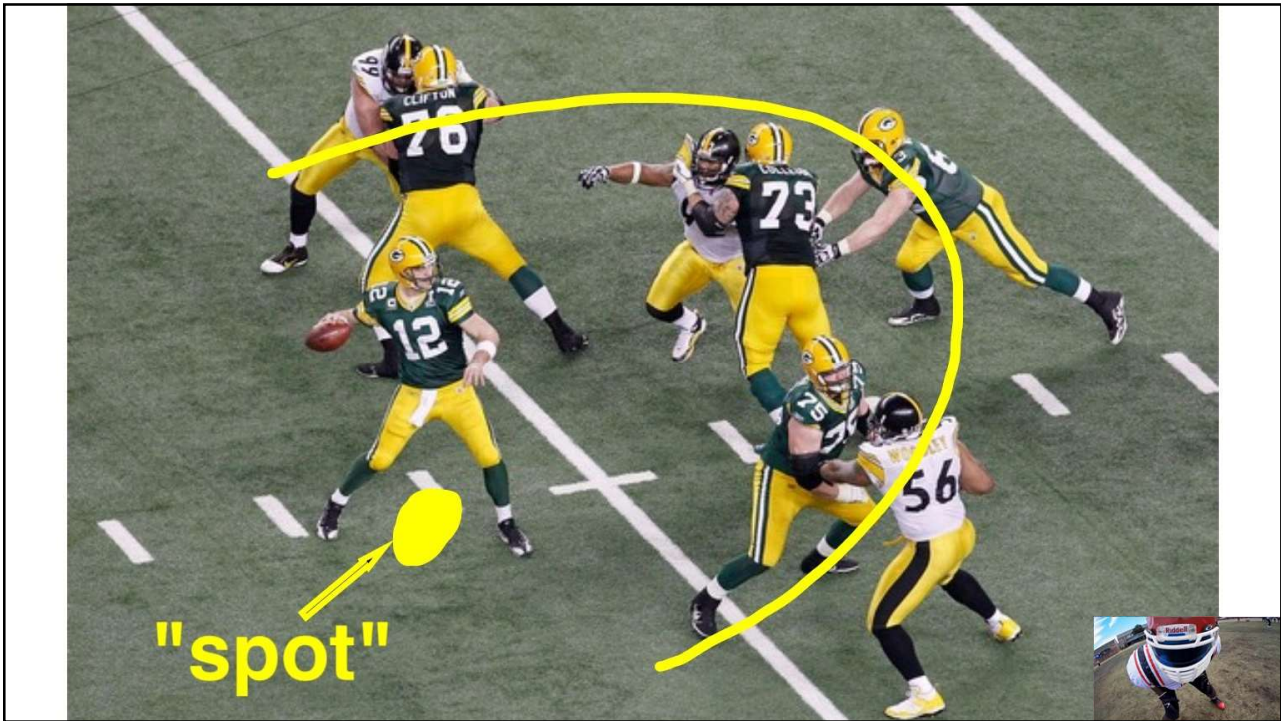


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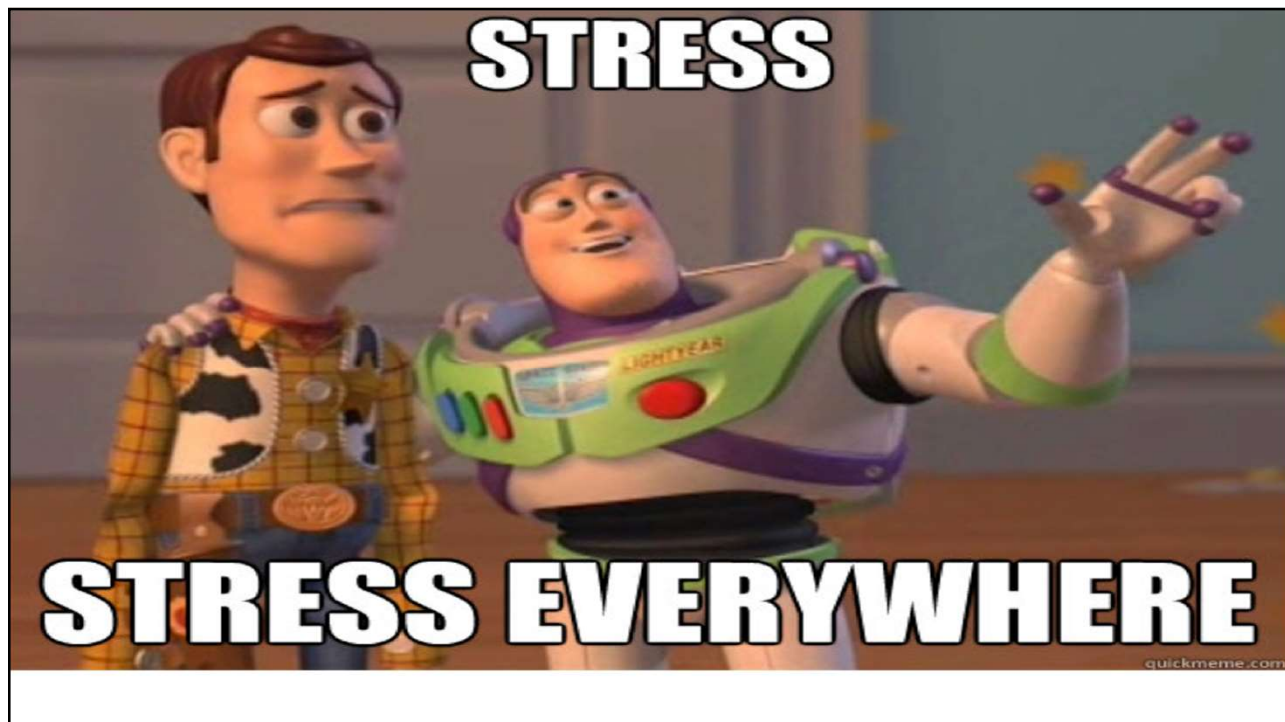
This is my Friend...



33



34



35

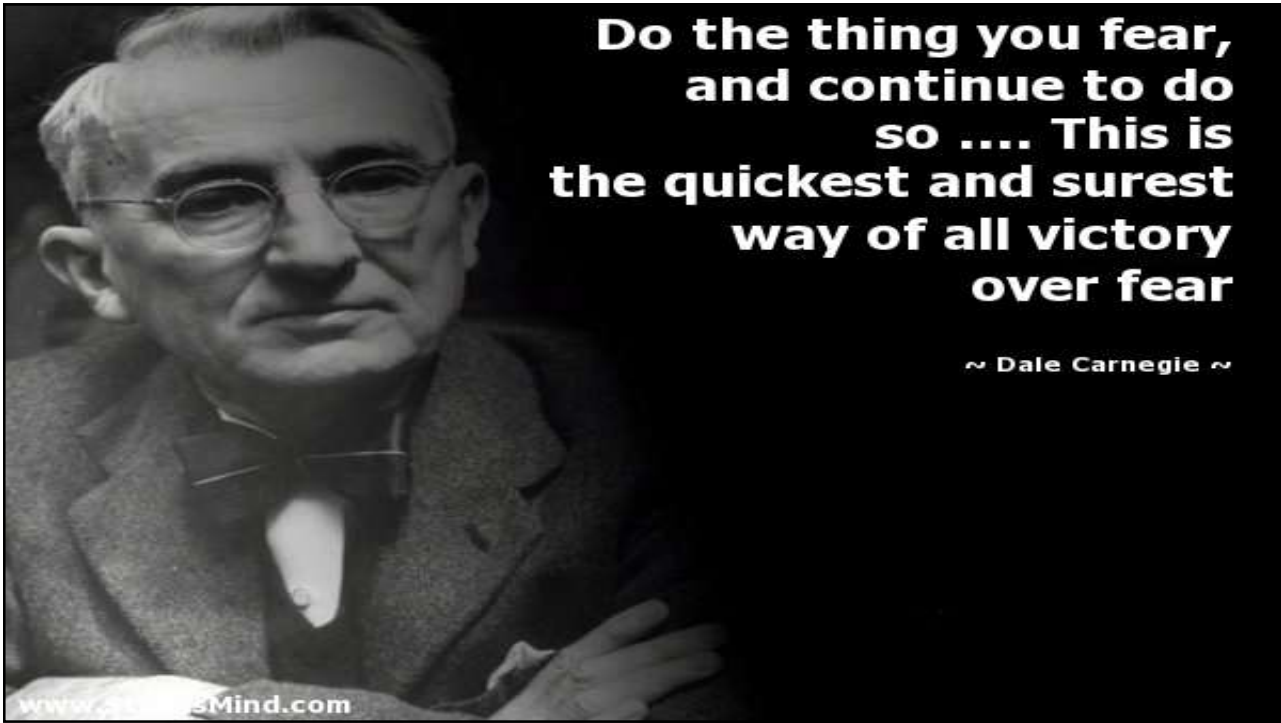
STRESS

a condition typically characterized by symptoms
of mental and physical tension or strain
as an urgent need or threat

36



37



38

America's Funniest



39



40



41

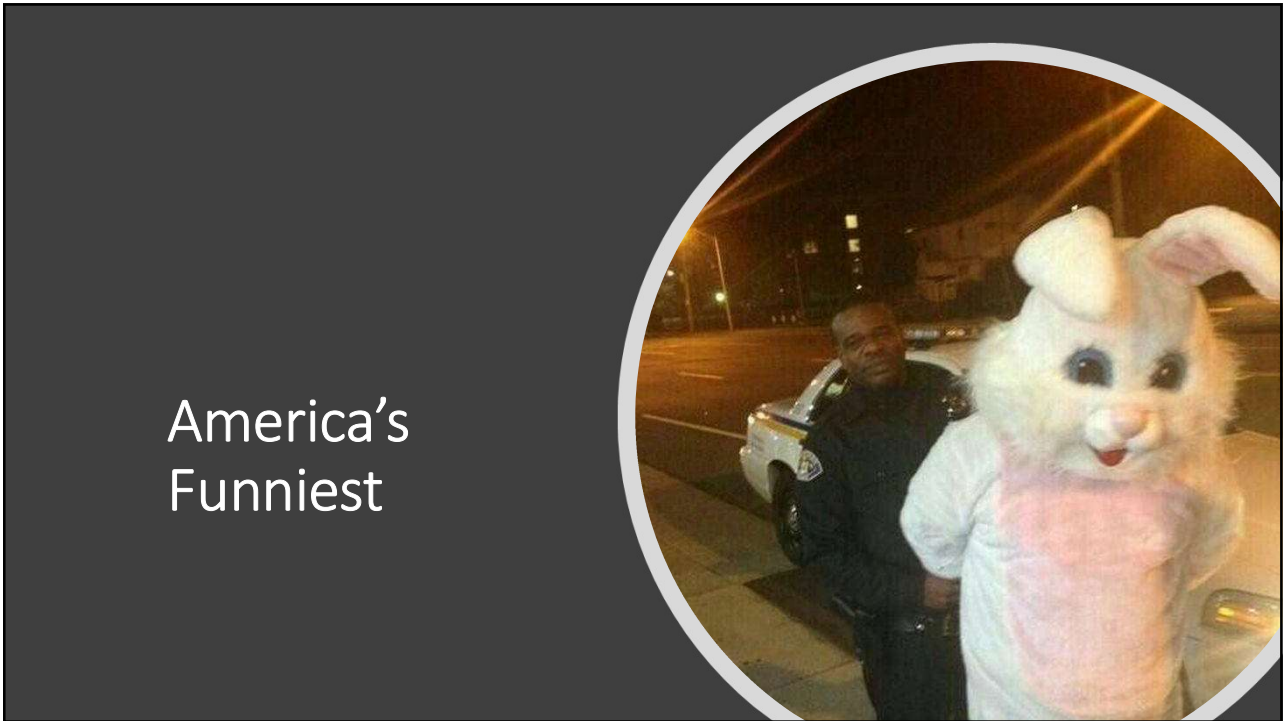


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America's
Funniest

43



America's
Funniest

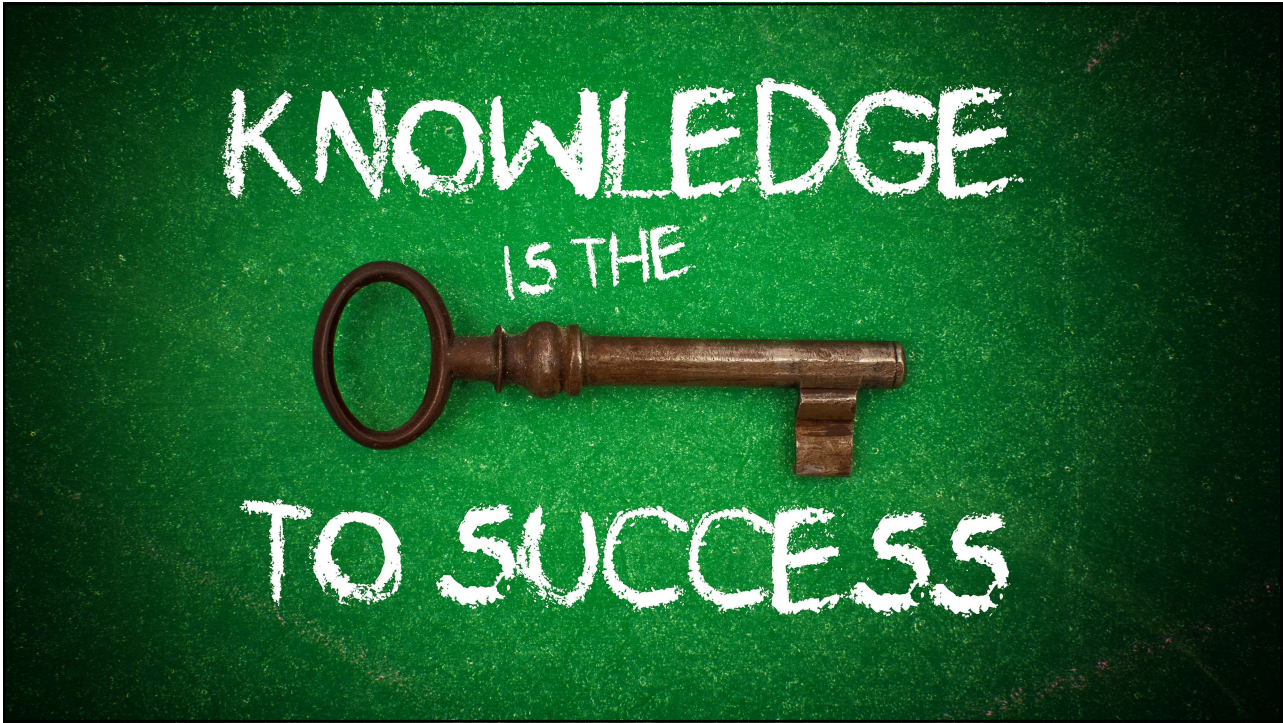
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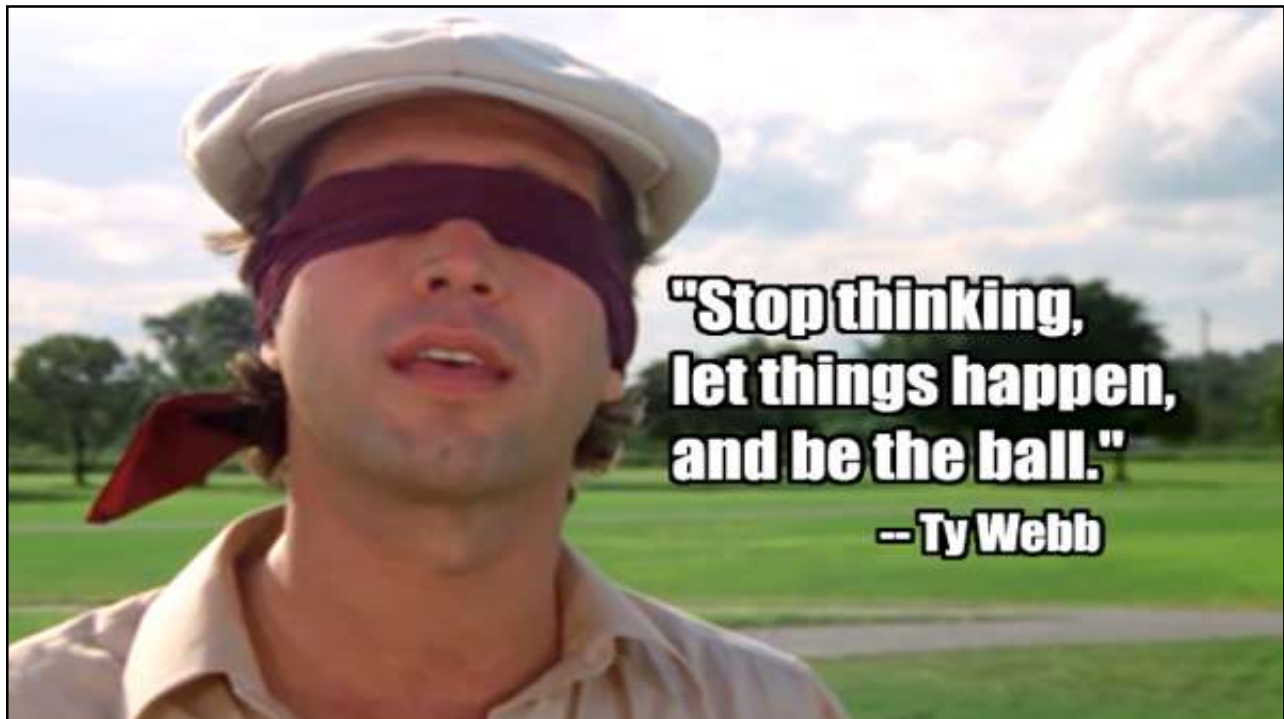


48

What do you Love...



49



50

The Perfect Day Off...



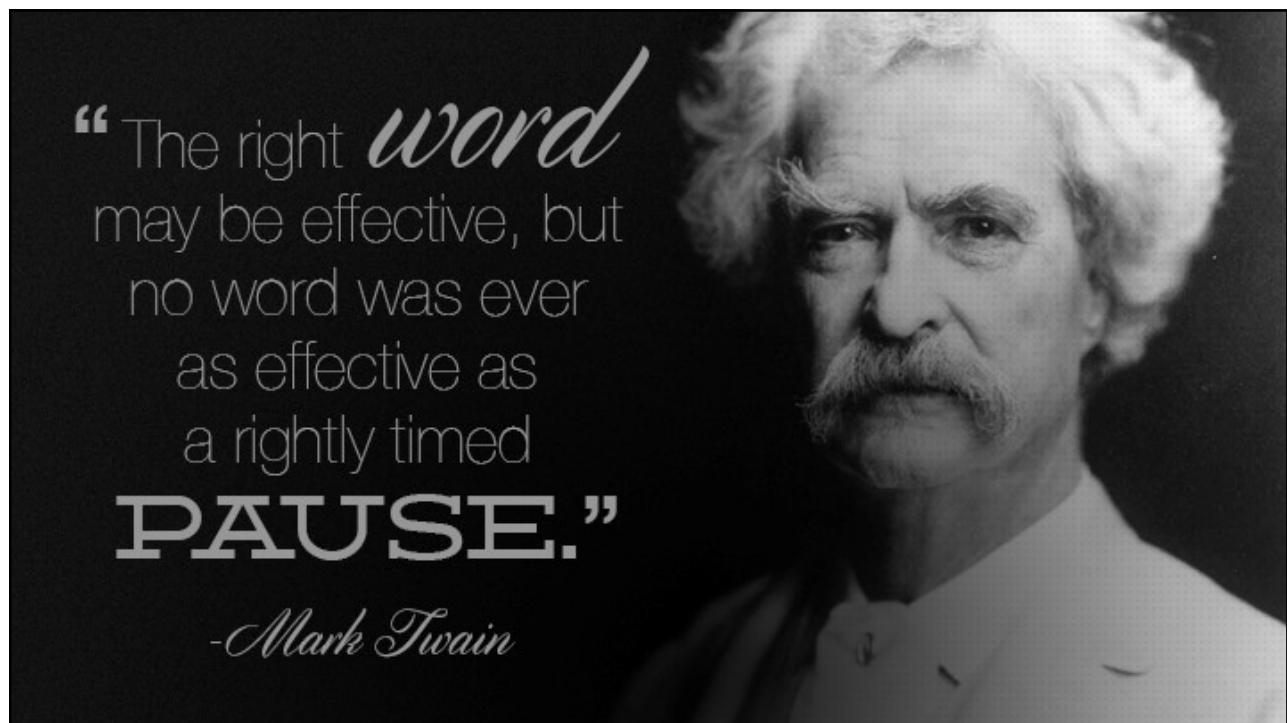
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Filler Up's



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Infomercial



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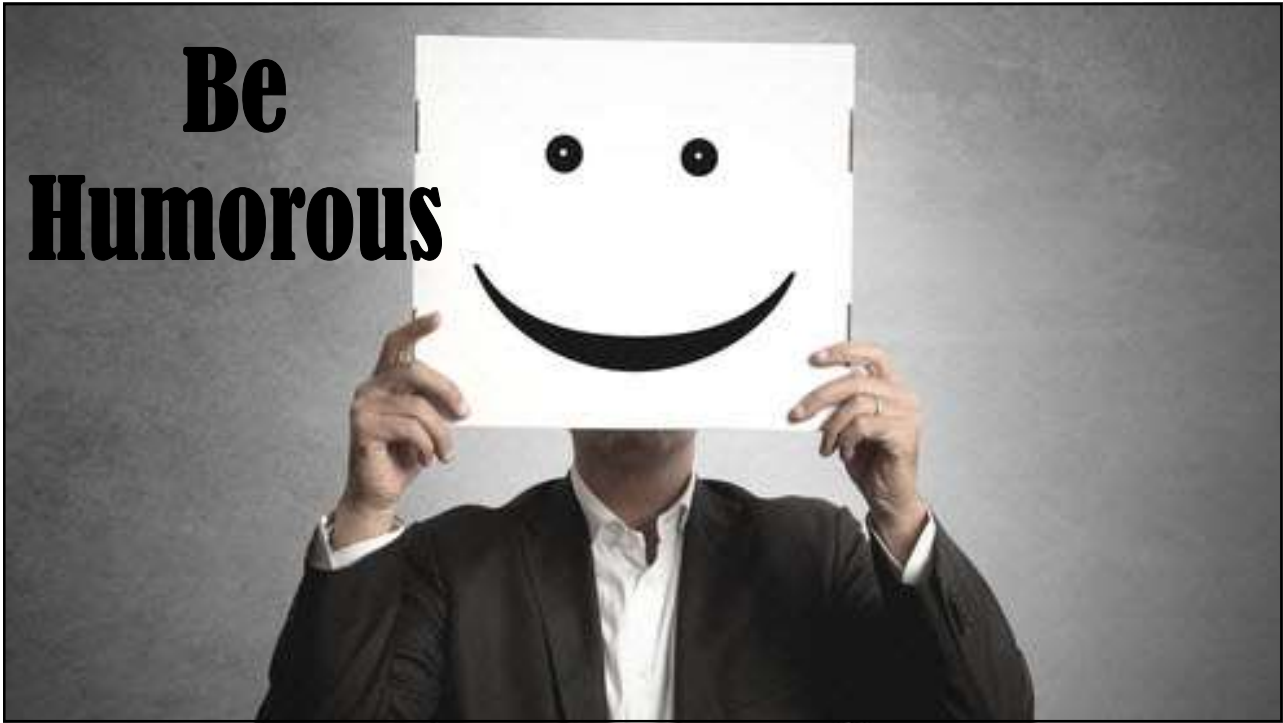
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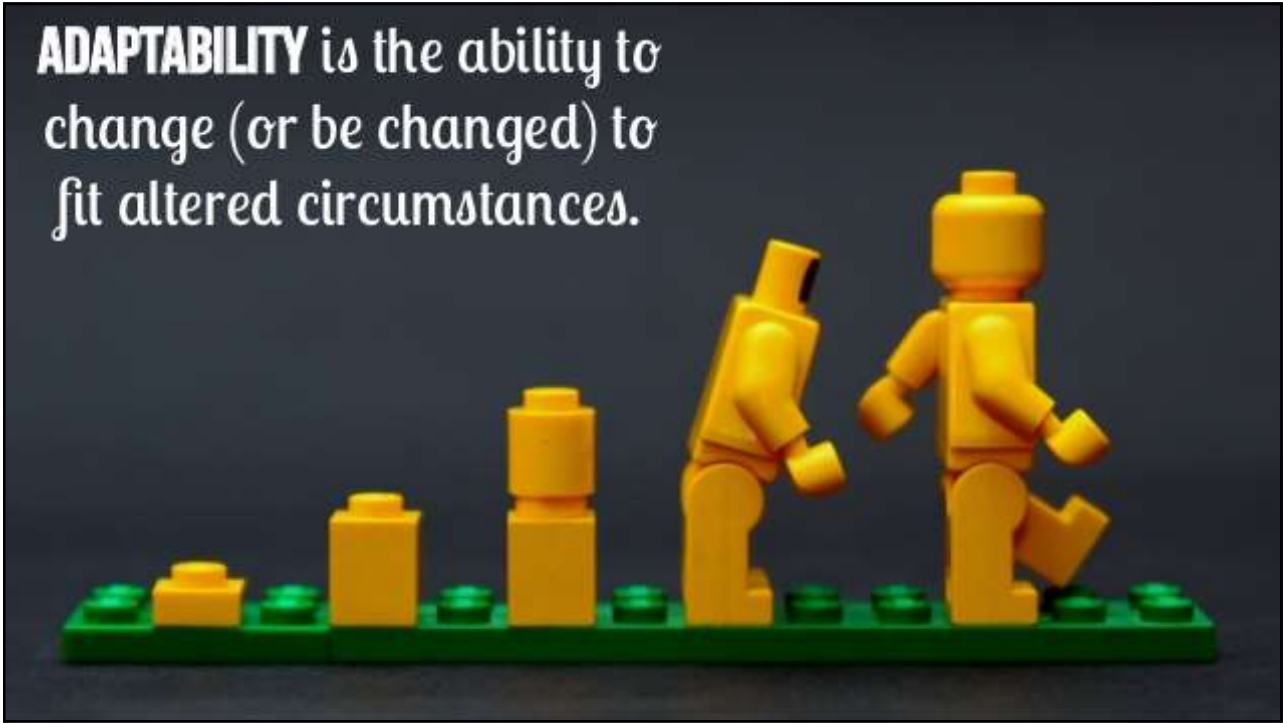
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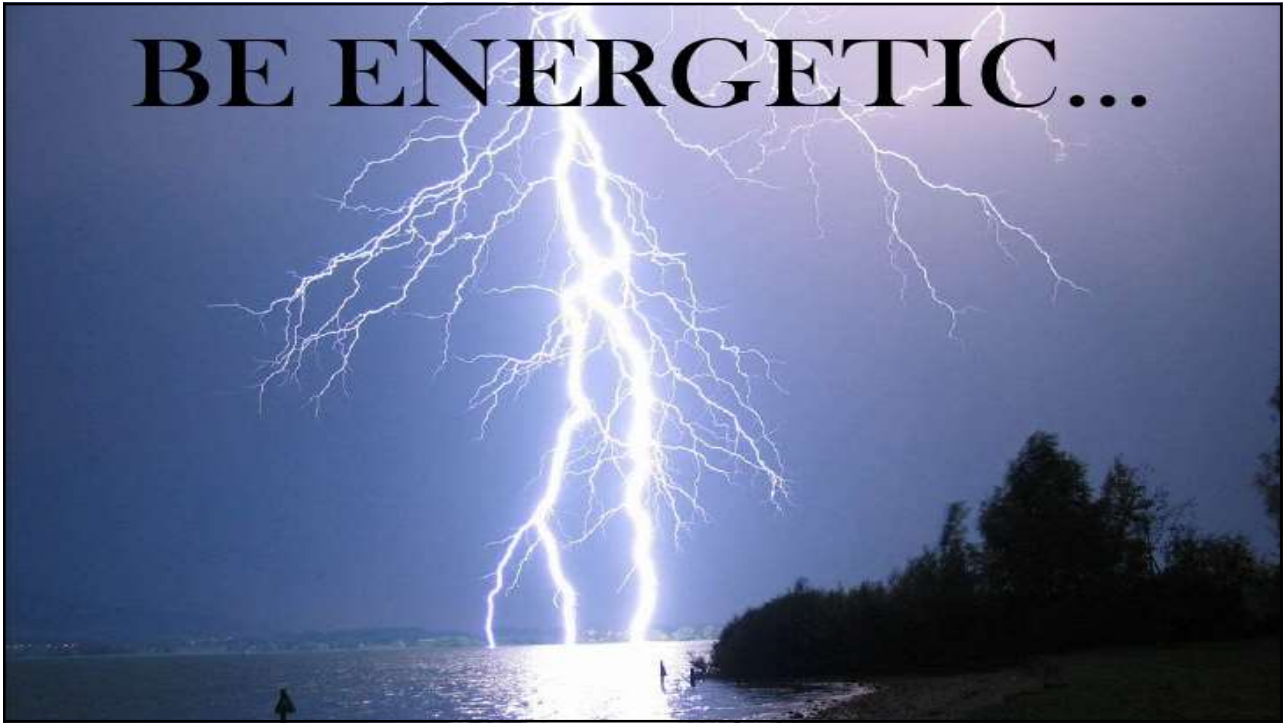
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Parks
and
Reconomics
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FOR MORE INFORMATION ABOUT THE FLORIDA RECREATION AND PARK ASSOCIATION VISIT FRPA.ORG



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