

SILENCING YOUR INNER VOICE DURING A SPEECH

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Sometimes we become extremely self-conscious of everything around us during a speech, and our inner voice fills us with self-doubt. Here's a tip to overcome the situation: jump into the action!

During my first speeches, I was sometimes very nervous. A strange sensation would come over me: while addressing the audience I would suddenly hear another voice panicking inside my head. The voice commented about everything happening around me: 'That guy's not smiling. His neighbor is crossing his arms. They must be unhappy.' 'Oh no! People are leaving the room. That's it! They don't like my speech...'

If this happens, don't trust your inner voice. If someone is frowning at you, maybe it's simply because they're shortsighted and forgot their glasses! If someone is crossing their arms, they may be cold. The people who left in a hurry may have had an important meeting and tried to stay as long as they could.

Many times your inner voice is misleading. Nevertheless, even if it is right, there's nothing you can do about it!!! It's been proven statistically that a small fraction of the audience won't be satisfied no matter what you do. It's unrealistic to try to please everybody. There will always be someone to criticize you. It's unavoidable.

So, what do you do about your inner voice? It's simple. Just ignore it. In other words, stop living in your head, and get into the rest of your body!

Get more physically involved in your performance. Move differently. Add some energy to your voice. Speak louder. Emphasize your key words more. Jump into the action and you'll soon stop listening to your inner voice.

When your attention is taken up in what you say, you'll stop worrying about what the audience thinks and your energy level will shoot up.

Try it! The next time you feel like you're observing your own performance rather than actually doing the performing, jump into the action. Get more involved physically, and your inner voice will be hushed immediately.

Happy speech!

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