



Speak & Tell! Video: "Overcoming Stage Fright"

Who better to help you get over your fear of public speaking than people who do it every day for a living: Professional broadcasters! In this "Special Report," a group of award-winning news anchors and reporters reveal their secret strategies for being at ease and focused when they speak on camera *and* in front of a live audience.

LEARN MORE ABOUT CONQUERING STAGE FRIGHT, RELAXATION TECHNIQUES, and SPECIFIC TIPS FOR PEOPLE WHO EXPERIENCE SOCIAL ANXIETY.

[Speak for Success! The Genard Method – 10 Common Causes of Speech Anxiety](#)

Nerves are normal when it comes to public speaking! Learn about 10 common causes of Speech Anxiety, and tips for overcoming each one.

[University of Michigan Health Library – Stress Management: Breathing Exercises for Relaxation](#)

Relax your body *and* your nerves before a speech with these deep-breathing exercises.

[ADAA – Conquering Stage Fright](#)

For people who cope with Social Anxiety Disorder, public speaking is a particularly difficult challenge. Learn unique tips for managing fear from the Anxiety and Depression Association of America.

[National Social Anxiety Center – Public Speaking and Social Anxiety](#)

As intimidating as it may seem, public speaking *is* possible for people who cope with social anxieties. Experts share tools to manage your fears so you can speak with confidence.

[Inc. – 15 Ways to Calm your Nerves Before a Big Presentation](#)

This collection of tips will help you fight your fears of speaking in public!

[Presentation Training Institute – Creative Visualization to Succeed During a Speech](#)

Visualization is a coping mechanism that allows one to change a real-world experience by changing their inner thoughts. Learn these easy visualization strategies to conquer your stage fright.

LUMINARI is a Pittsburgh-based non-profit organization that develops original programs to broaden minds, inspire innovations and promote community engagement. For more information about Luminari visit www.luminari.org, email luminari@luminari.org or follow us on [Facebook](#), [Instagram](#) and [Twitter](#)

[Inc. – 8 Bad Habits That Ruin Good Presentations](#)

From running overtime to reading from slides, discover – *and correct* – these bad habits when speaking in public.

[Toastmasters International](#)

Toastmasters International is a non-profit educational organization that teaches public speaking and leadership skills. Check out this awesome collections of public speaking tips, video demonstrations, and a regional map to explore Toastmasters chapters around the world.

[Clippings.me Team – 10 Types of Speeches Every Speechwriter Should Know](#)

Learn the features of different types of speeches, so you can focus your message and make an impact on your audience.

[National Public Radio \(NPR\) – The Best Commencement Speeches, Ever](#)

Take inspiration from these great speakers and their history-making Commencement speeches. Read the transcripts and even watch videos of some of these speakers in action!

[American Rhetoric – Top 100 Speeches](#)

Explore this ranking of the top 100 speeches in history. Click on the links to watch them and read their transcripts, and learn from their techniques!

[Ranker – Famous Short Speeches](#)

Your speech doesn't need to be long to be effective. Check out these famous short speeches that made history – and use them as a guide to giving your own concise, yet effective, speeches!

[How To Be A Great Audience Member - The Gluck Fellows Program of the Arts at UC Riverside](#)

Review this guideline for audience etiquette and consider sharing it with your teachers and classmates to create a welcoming and respectful environment for classroom speeches.

[Write-Out-Loud.com – How To Research A Speech](#)

In order to inform or persuade people, your speech needs compelling *facts*. Follow this guide for research techniques to reinforce the themes in *your* presentations.

Authenticating and Verifying information in the age of Fake News.

Learn how to conduct research for your speech and ensure you're using high-quality, current, fair, and unbiased material.

- [Media Smarts](#)
- [FaceCheck.org](#)
- [Common Sense Media](#)

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