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.
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
Tell us your stories about speaking in public, and share tips to overcome stage fright!

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You can email your story to us at luminari@luminari.org

Learn more about attending Luminari’s in-person camp Speak & Tell! and explore scholarship opportunities: Speak & Tell! Camp