

Good Evening
Everyone 😊

Accomplished goals 😊

- ▶ Talk about what goal you have achieved in the last year (it does not matter how small)
- ▶ Discuss. how did you feel when they achieved the goal or what skills do you think were important in achieving the goal.

What is the meaning of the following....?

- ▶ Confidence
- ▶ Adversity
- ▶ Knowledge
- ▶ Aspirations
- ▶ Doubts

Riddles

Journey without it and you will never prevail, but if you have too much of it you will surely fail.

confidence

Poor people have it. Rich people need it. It can make you or break you.

Adversity

Everyone wants more of it to feel special, yet the more you have of it the less special you feel.


Knowledge

One by one we fall from heaven down into the depths of past, and our world is ever upturned so that yet some time we'll last.

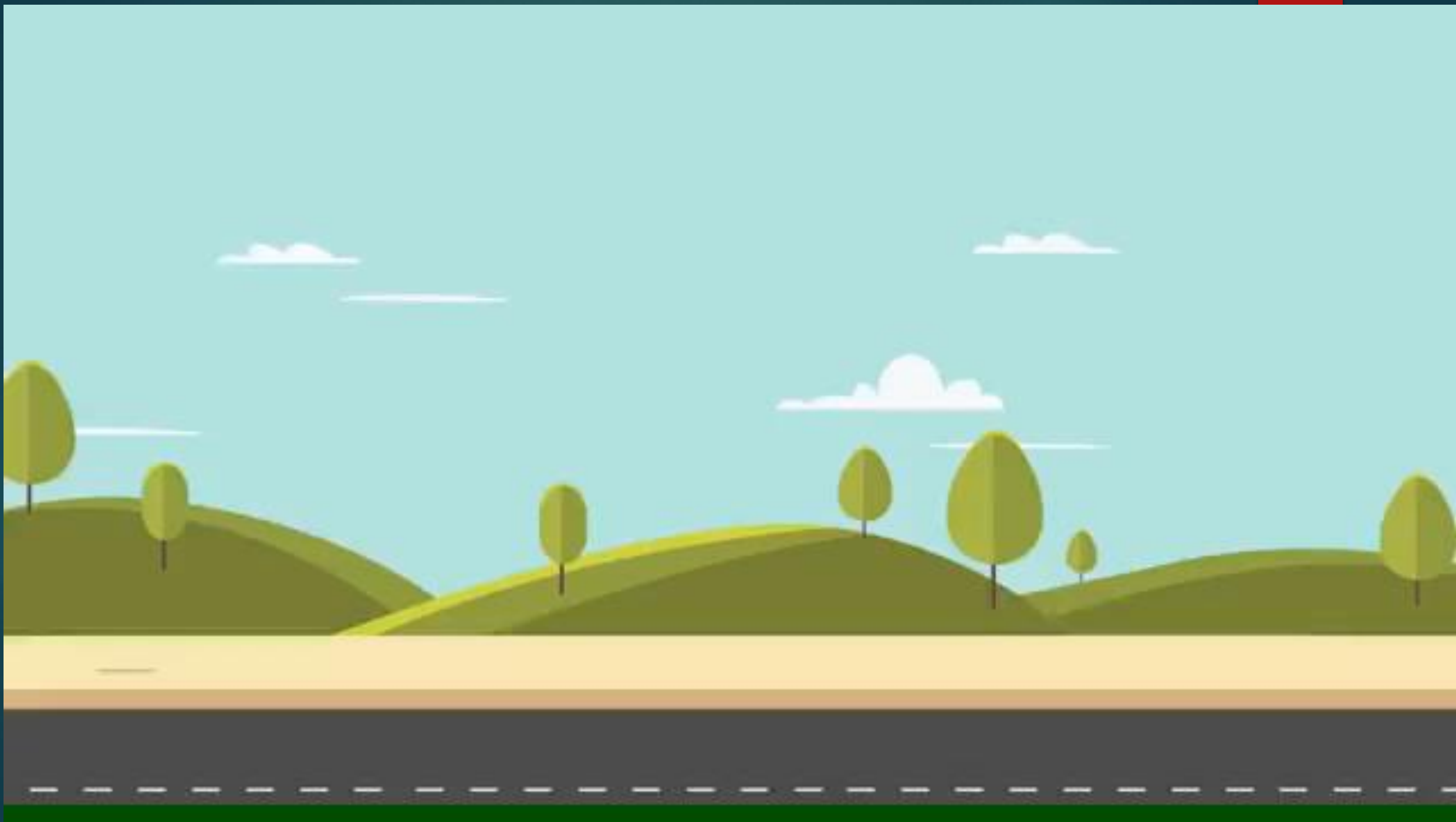
Aspirations

At night they come without being fetched. By day they are lost without being stolen

Doubts



Make a riddle
With a partner..
Have the class guess it



Questions 😊

- ▶ What are experts saying is our main cause of fears?
- ▶ Why do they believe that public speaking is one of them?
- ▶ Define ostracism.
- ▶ Which example was used to support its definition?
- ▶ What is one word mentioned that could mean this phrase "My stuck to the roof of my dry mouth and I couldn't swallow, I blushed, sweated and trembled"?
- ▶ What happens when you are in front of a crowd?
- ▶ What was the name of the hormone that will help you speak more efficiently once lose?
- ▶ What did Charles Darwin fear? How did he react and feel?
- ▶ Why does the speaker say, fear is a good thing sometimes? Give examples



Search online in your group and use ideas from the video about the causes and effect of glossophobia

Let's Discuss

- ▶ Have you ever had a fear of public speaking?
- ▶ Do you recall a situation, where you choked while speaking ?
- ▶ What advice would you give a person with glossophobia?

Rank these based on yourself: How do you feel about speaking to these people in English?

- ▶ 1= I'm very afraid to do this.
- ▶ 2= I'm a little afraid to do this.
- ▶ 3= I'm not afraid to do this.
- ▶ _____ a native speaker I know well.
- ▶ _____ a native speaker I don't know well.
- ▶ _____ a small group in my English class.
- ▶ _____ a large group in my English class.

Let's listen to Cd (2.03) use these symbols and abbreviations to complete the notes below

- ▶ #= number
- ▶ = equals
- ▶ &= and
- ▶ % = percent
- ▶ ↑ = more
- ▶ Sm= small
- ▶ info= information
- ▶ Mem= memorize
- ▶ Neg= negative
- ▶ Aud= audience

▶ 1. ____ 1 fear; more common than dying 75 ____ of people have this fear.

▶ 2. men ____ women affected.

men ____ likely than women to find ways to overcome.

3. ____ effect on career.

Overcoming fear.


1. Start ____ 2. be prepared 3. don't ____ 4. reduce stress

5. Engage the ____ Addl ____

Recommend reading: preparation ____ confidence by Ricardo Lopez.

Let's listen CD (2.03) again and Number these sentences from 1-8

- ▶ _____ so first here are three facts about the fear of public speaking.
- ▶ _____ Today, I'm going to talk about the fear of public speaking.
- ▶ _____ Then I'm going to provide five tips for overcoming this fear.
- ▶ _____ Let me conclude by saying these five tips will work for you.
- ▶ _____ Finally, I'll tell you where you can get more information on this topic.
- ▶ _____ Let's now look at some tips for confronting this fear.
- ▶ _____ Finally, I said I'd provide you with some additional information.
- ▶ _____ First I'll discuss some interesting facts about the topic.



**With a partner:
Brainstorm different ways
you could overcome the
fear of public speaking**

Vocabulary time 😊



- ▶ 1. To confront means to _____ a difficult situation.
a. Face b. ignore
- ▶ 2. If something is excessive, it's _____.
a. Less than usual or necessary b. more than usual or necessary.
- ▶ 3. If things impact you , they _____ you.
a. Confuse b. Affect
- ▶ 4. If something impairs you, it makes you _____ effective.
a. Less b. More
- ▶ 5. If you overcome a problem, you _____.
a. Fail at it b. struggle against it successfully.
- ▶ 6. The panic means to _____ and not know what to do about it.
a. Be thrilled b. have a sudden fear.
- ▶ 7. A reluctant person is _____ to do something.
a. Willing b. unwilling
- ▶ 8. if you run out of something, you don't _____.
a. Have any more of it b. remember what to do with it.
- 9. Symptoms are signs that someone has _____.
a. A new job b. an illness

Use your vocabulary words to talk about this young lady and complete the story

- ▶ Hello everyone, my name is Jessica. I am thirty two years old. I have just been put in a horrible situation at work today. I was supposed to be presenting a final draft of the companies debts and revenues. While I was in the room I realized that the CEO of the company was going to attend and that was the first time for him to come to a closed meeting. My hands started sweating, I lost all the words and headlines in my mind, and I felt like I was going to vomit. I asked my boss if I could do it another day, he said that would be impossible because the CEO was only in town for one day and he would like to attend this meeting.



Assignment 😊

- ▶ What other fears or phobias do you believe deserve more attention than public speaking? Why?