

Speak Confidently Without Feeling Overwhelmed by Nerves

WAQAS - THE BELIEFS GUY

Head Speaking Anxiety Coach

5 Mindset Shifts to Win the Battle Against Public Speaking Anxiety

"We don't see things as they are, we see them as we are"
—Anaïs Nin.

The way you think about your speaking anxiety affects your experience in public speaking situations.

It's not the anxiety you need to worry about ...
it's the way you **interpret** it and think about it makes all the difference. [Detailed resource is linked [here](#)]

Make these **5 mindset shifts** before your next speaking engagement and win the battle against your speaking anxiety.



[NOTE: There are 2 FREE bonuses at the end of this PDF]

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Mindset Shift 1: The 90 Second Rule



On Jan 10, 2024, I was scheduled to deliver a speech at a local club.

Right before the speech, my nervousness was most likely at level 6 out of 10. Yes, a six!

My heart was pounding. I could almost hear it. Can you resonate with me?

The reason...

I was worried sick that I might **forget my content**, which was a legitimate concern given that I didn't properly rehearse the talk enough, and I was not planning to use any notes.

But when I started talking, my anxiety was **all gone** in about **45-60 seconds**.

I felt confident and didn't forget any part of the content—thanks to the nervousness which caused more blood flow to my brain and made it function at a higher level... it triggered a **challenge response** in me.

Dr. Jill Bolte Taylor, the author of the book "Whole Brain Living" shares: any emotion that we feel lasts for up to 90 seconds.

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Mindset Shift 1: The 90 Second Rule



Your speaking anxiety and nervousness is an emotion, and it also lasts for **up to 90 seconds**—yes, only 90 seconds.

This is how it works:

You think about a situation, your adrenal glands release 2 kinds of hormones, known as **stress hormones**:

- Cortisol
- Dehydroepiandrosterone (let's call it DHEA 😊)

...and then you feel emotions such as nervousness.

Belief Systems → Thoughts → Hormonal Release → Emotions You Feel

This entire cycle lasts for up to 90 seconds.

Now you might be thinking: "**But why do I feel it longer than 90 seconds when I speak on stage?**"

It's because we don't stop thinking negatively before and during our speaking engagements. We put this cycle on repeat, just like a **never-ending loop**.

But **what should we do to stop it?** This [detailed resource](#) should help you with that. (But don't forget to finish this guide first)

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Mindset Shift 2: Speaking Nerves are Not Your Enemy

I know it may sound weird but trust me on this.

I learned from my mentor that the stress and nervousness you feel around public speaking is because you **CARE ABOUT** that presentation, that talk, or that speaking engagement.

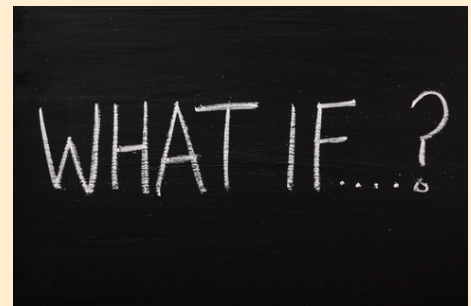
And since you care, you feel nervous by thinking:

"What if I messed it up on stage?" OR

"What if I made a mistake?" OR

"What if I looked nervous ?" OR

"What if I forget my content?"



Hold on with all "What ifs" for a moment, there is a silver lining in the cloud.

There is an upside to this nervousness and stress:

It powers your brain to perform at a much higher level. It makes you rise to the challenge and do your best and give your 110%.

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Mindset Shift 2: Speaking Nerves are Not Your Enemy

Stress and speaking nerves are **nature's ways** of telling you and your body that something important and worthwhile is coming up so **don't mess this up** and get prepared.

Otherwise... you may just as well go **unprepared** or **under-prepared** and try to wing it, right?

Let me tell you this...

I was relieved when I came to know that appearing nervous on stage is **not as bad** as I thought it was.

In fact, it's a good thing. It's a sign to your audience that you care about them and your talk... you care so much that it's making you feel the nerves. It **humanizes** you.

It makes the audience relate with you and **connect** with you on a **deep emotional level**. They will see you as a genuine and **authentic** human being.

Here's the difference between a **nervous** and a **confident** speaker:
Both experience speaking nerves... One (confident) knows how to manage them but the other (nervous) sees them as a 'Threat'.

[Detailed resource is linked [here](#)]

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Mindset Shift 3: Making Mistakes and Showing Your Weaker Side is Not the End of the World

Let me ask you a few questions:

"Do you think if you make a mistake on stage, you will be **rejected**?"

OR

"Do you think if you make a mistake during your speech, people will think you **suck** or you are **incompetent**?"

OR

"Do you think that showing your nervousness on stage is a sign of being a **terrible public speaker**?"

OR

"Do you think showing your vulnerable side to your audience will get you **banned** from public speaking?"

If your answer to any of these questions is 'yes', you are **NOT ALONE...**

I had the same fears before overcoming my public speaking anxiety.

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Mindset Shift 3: Making Mistakes and Showing Your Weaker Side is Not the End of the World

Let me break it to you...

No one cares if you make a mistake here and there.

No one cares if you seem a bit nervous when you step on the stage.

All your audience cares about is **WIIFM: What's In It For Me?**

If you provide them with value, they will be happy.

Make them feel:

- educated
- entertained
- informed
- and inspired.

People may
not remember
exactly
what you did,
or what you said,
but they will
always
remember
how you made
them
feel.

— MAYA ANGELOU

If you make a mistake or seem nervous on stage, **it humanizes you as a speaker**... the audience can relate to you that you are one of them and not a robot.

There is no such thing as perfectionism, it's subjective and an illusion. Instead, aim to get **1% better** every day or every week.

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Mindset Shift 4: The Spotlight Effect

The Spotlight Effect is the phenomenon in which...

We think people are paying way more attention to us than they actually are.

Have you ever felt that everybody you know is watching every move you are making and closely watching every single step of yours?
I have.

The Spotlight Effect makes you believe that your audience can sense every bit of nervousness that you feel on stage
...It makes you feel **self-conscious**.

But the reality is **quite the opposite**... oftentimes, your audience cannot even tell if you were nervous at all during your speech.

I know speakers who were feeling an anxiety level of **6-7 out of 10**, but when they asked the audience about how much they appeared nervous on stage... the response was **2-3**.

It's all because of the Spotlight Effect.

Know that people don't pay as much attention to you as you think...
So, isn't it liberating to know that you are not under the microscope?

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Mindset Shift 5: Assume Everyone in the Audience is Rooting for You

Picture this...

You're in the audience and you see a fellow speaker on stage showing signs of **nervousness and vulnerability**, but still managing to share their personal life stories with the audience with all the emotions...

Wouldn't you relate with them, connect with their emotions, and root for them?

I know I would... **One. Hundred. Percent.**

I would think of them as **courageous**... because it takes courage to stand strong in the face of fears. And courage is NOT the absence of fear but showing up **in spite of it**.

I can also tell from experience that NO ONE can relate to and connect with an **emotionless speaker** who only speaks from surface level and doesn't show even a hint of emotions and vulnerability.

The fact that you have these emotions, signs of nervousness, and sharing your most vulnerable moments, people can tell that you are one of them... a **fellow human being**.

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Mindset Shift 5: Assume Everyone in the Audience is Rooting for You

Surveys show 75% of the entire population suffers from the fear of public speaking.

This means **75 out of 100** people in your audience would be rooting for you and want you to succeed.

There is a good chance that others would also show empathy and root for you to succeed in your public speaking endeavor.

The bottom line... It's safe to assume that your audience will be rooting for you if something goes south during your speech.



The only caveat here is to **know your audience**.

For example, don't try to educate and inform an audience who is there only to be entertained. Chances are they wouldn't appreciate it

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Bonus #1

There's always a *limiting belief* behind any fear under the sun.

Chances are you have one or many of the limiting beliefs behind your speaking anxiety. Let's get into some of the **root causes** of the fear of public speaking.

LIMITING BELIEFS BEHIND PUBLIC SPEAKING ANXIETY

What is a Belief?

A belief is your interpretation of reality that you hold on to as THE TRUTH. But it may or may not be the truth.

A Self-limiting Belief

A *self-limiting belief* is a perception about us that restricts us in some way.

There is nothing else that destroys human potential more than our **self-limiting beliefs**—and the worst part is that we never realize it.

Self-esteem and self-limiting beliefs are formed typically at age 6-10.

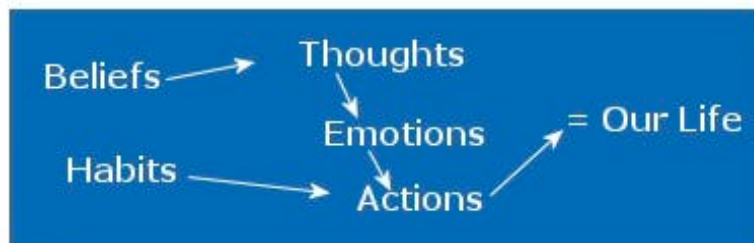
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Bonus #1

Our **limiting beliefs** about ourselves and public speaking contribute **the most** to the fear of speaking in public.

Therefore, the **best way** to overcome your public speaking fear is to get to the root causes and eliminate them for good... from the source.

My coaching philosophy to make you a confident person and public speaker is primarily based on working with your mindset and belief systems. This is how everything we do is tied back to our beliefs:



[Source: Internet]

Beliefs make us act and react intentionally based on the emotions we feel in a particular situation ... for instance, saying no to speaking in public if it makes us feel anxious, vulnerable, and hopeless.

Habits make us do things without even thinking for once—on autopilot... for example, hitting the brake pedal when seeing someone running into the street.

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Bonus #1

Here's a list of **common limiting beliefs** behind your fear of public speaking:

1. Public speaking is inherently scary
2. I'm not a born natural public speaker
3. What I have to say is unimportant
4. Mistakes and failures are bad
5. Appearing nervous on stage is bad
6. Showing vulnerability is bad
7. I'm not smart enough
8. I'm not good enough
9. What makes me good enough is doing things perfectly
10. I'm going to be judged negatively
11. What makes me good enough is having others think well of me
12. People will judge me based on my accent
13. I'm not important

Interested in learning which one of these beliefs might be the root cause behind your speaking anxiety?

...here's a detailed BONUS guide: [Getting in Touch with the Source](#)

Schedule your FREE Bonus Call by clicking [HERE](#)

Bonus #2: *Get Your Personalized Roadmap*

If you haven't done so, book your **FREE 1-1** call now and get a personalized roadmap to conquer your fear of speaking in front of audience.

I know firsthand how 'ugly' public speaking and social anxiety can be as I lived with it for over **3 decades**. I've been in your shoes and know how liberating it feels to be free of those fears.

On this call, we'll pinpoint your **BIGGEST** challenges and uncover root causes behind your public speaking anxiety.



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*Schedule your **FREE Bonus Call** by clicking [HERE](#)*

BONUS ALERT: In this call, I'll give away another **FREE guide** on 5 practical steps you can take today to lower your anxiety by **50%**

[Link](#) to subscribe [Weekly Newsletter](#)