

Speak with No Fear: Self-help Guide Psychologically

- Do you often doubt what steps you can take to boost your confidence when speaking in public?
- Do you feel panic or anxiety the moment you face an audience?
- Would you like to learn psychological methods to overcome fear and speak with calm assurance?

Introduction

The ability to present confidently in front of others has become an essential skill in today's workplace and social environment, where face-to-face communication still carries the greatest impact. Yet, public speaking remains one of the most common fears, often ranking even higher than financial stress or personal worries. For many, the thought of standing before an audience triggers panic, trembling hands, or a shaky voice. This workshop is designed to help you overcome those fears through proven psychological techniques that build confidence step by step. Participants will learn how to prepare effectively, manage anxiety, and develop a strong presence that inspires trust. With practice and the right mindset, anyone can transform nervous energy into confidence, turning public speaking from a source of fear into an opportunity for influence and growth.

Program Objectives

This program aims to:

- Develop confidence when communicating with others.
- Provide practical tips that everyone can employ, regardless of their experience, to improve their public speaking.

Learning Outcomes

After completing this program, the participants should be able to:

- Apply verbal and nonverbal communication during the presentation
- Apply persuasive and hypnotic skills in the public presentation
- tailor your approach to both the audience and the format

Methodology

Gamification, case study, interview, case simulation, quiz, group discussion, lecture, videos.

Who Should Attend

Front liners, marketers, business developers, entrepreneurs or anyone looking to build confidence and improve their speaking skills.

Program Outline

Day One	
Time	Topics
9:00am – 10:30am	<p>Awakening from the Speaking Nightmare</p> <p>In this module, participants would understand speaking fear is common for all. In this module, the participants are mentally well prepared for the transformation they will undergo.</p>
10:30am – 11:00am	Tea Break and Networking
11:00am – 1:00pm	<p>Face the Fear!</p> <p>In this module, the participants would discuss the speaking wound. The participants would start to self-question to reveal the psychological behind the anxiety and fear during public speaking. A practical session to have self-communication is conducted in this session.</p>
1:00pm – 2:00pm	Lunch and Networking
2:00pm – 3:30pm	<p>Visualisation and Imagination</p> <p>The participants would be trained to use the psychological technique of visualisation and imagination in this module. First, the participants are required to imagine the worst that might happen in public speaking. Then, they will be trained how to control their emotions. Thus, at the end of this module, the participants' mental and physical strength are well prepared.</p>
3:30pm – 4:00pm	Tea Break and Networking
4:00pm- 5:00pm	<p>Shine Yourselves Through Speaking</p> <p>In this module, participants would conduct self-assessment to understand the “real” you. For example, the participants would learn how I failed and then found “me”. Once the participants have found their uniqueness, they would be able to leverage your strength to overcome your weaknesses.</p>
Day Two	
Time	Topics
9:00am – 10:30am	<p>Inner Heart Preparation</p> <p>The participants would need to understand during public speaking and presentation, and people are not thinking of you. They are also focusing on your content, your body language. In this module, the participants are equipped with positive psychology to understand that the audience wants you to be a success. It would help if you focused on determining the direction in your public speaking.</p>

10:30am – 11:00am	Tea Break and Networking
11:00am – 1:00pm	<p>Practice is the Golden Key to Success</p> <p>Regardless of how good your communication skills are, practice makes perfect! During practice, the participants are trained to adjust the mindset to speak to all like you are speaking to one, always remind yourselves you are the subject expect and kill all your negative perception because perception affects reception.</p>
1:00pm – 2:00pm	Lunch and Networking
2:00pm – 3:30pm	<p>Applying Nonverbal Communication in Public Speaking</p> <p>In this module, participants would be trained to apply body language before public speaking and public speaking. The participants would have a demo and role-play in this session so that they would appreciate the application of eye, facial expression, hand, finger, palm, leg, movement and space in public speaking .</p>
3:30pm – 4:00pm	Tea Break and Networking
4:00pm- 5:00pm	<p>Neuropsychology Way: Public Speaking</p> <p>In this practical module, participants would learn the fundamentals of language for the brain. The participants would know what type of message would be able to hypnotise the audience and have a huge impact on the audience. The participants would have the practical session to use neuropsychology.</p>