

Why Learn about Public Speaking?

People from **All Walks of Life**; Rabbeim, Rabbanim, Roshei Yeshiva. Doctors Lawyers & Indian Chiefs; Businessmen, Politicians, Leaders. **Anyone & Everyone**, even people who are eloquent one on one find speaking in front of a crowd, even a small crowd, daunting!

This fear, medically known as GLOSSOPHOBIA affects 4 out of 10 Americans! That is 40% of the people!

It can trigger feelings of **discomfort and anxiety**.

It may come with **uncontrollable trembling, sweating, and a racing heartbeat**. One may also have an overwhelming urge to **run out of the room** or away from the situation that is causing the stress.

Glossophobia is a **social phobia**, or a **social anxiety disorder**.

Anxiety disorders go beyond occasional worrying or nervousness. They cause strong fears that are out of proportion to what you're experiencing or thinking about. Anxiety disorders often get worse over time. And they can interfere with your ability to function under some circumstances.

But, when you master Public Speaking –

- You build your self confidence
- You inspire people to have confidence in you
- You garner respect
- You improve your own productivity –
 - Learning
 - Working
 - Doing Chesed
- You improve your Business and Social relationships
 - Sales
 - Management
 - Shidduchim
- This skill leads to other skills
- **Your 'Quality of Life' gets better!**