



Beijing Foreign Studies University|
教育部 - 出国人员培训部

i Based on: 《公共演讲的艺术》（第7版），乔治·L·格赖斯、约翰·F·斯金纳 著，中国人民大学出版社，2012年。

Public Speaking

Unit 1, Topic 2: Boosting Speaker Confidence

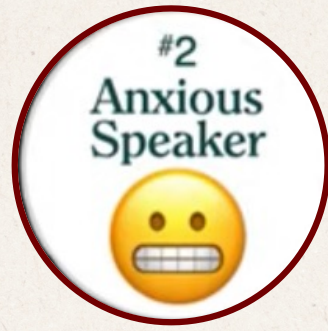
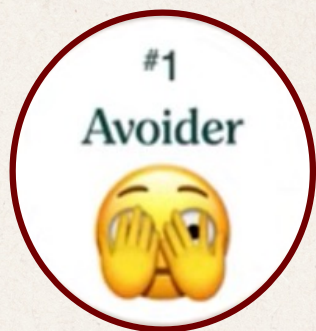


Instructor:
Dr. Carlos Cardenas

Spring Term,
2026

Lesson 2

01	<u>Instructional video:</u> How I Overcame My Fear of Public Speaking, Dr. Justin Moseley
02	<u>Topic 2:</u> Strategies to improve speaker's confidence
03	<u>Mini-speech:</u> speak with courage like a movie star!
04	<u>Survey:</u> Speaker Confidence Index
05	<u>Personal journal:</u> What factors affect my confidence to speak in public?



Tries to be invisible by looking down and speaking very quietly.

Looks nervous, moves a lot, and talks fast in a worried voice.

Stays calm, looks people in the eye, and speaks clearly about things.

Gets close to the listener, points with hands, and uses a loud voice

Smiles, uses hand gestures, and speaks with energy to bring people to their side.

试图通过低头和非常轻声地说话来让自己隐形。

看起来很紧张，小动作很多，用焦虑的声音快速说话。

保持冷静，正视他人，说话清晰。

靠近听众，用手比划，并使用很大的声音。

面带微笑，使用手势，充满能量地说话，把人们拉到他们那一边。



Instructional video: The science of stage fright **(and how to overcome it) - Mikael Cho**

While you watch:

- 01** Stage fright triggers which system in your body?
- A. Sympathetic nervous system
 - B. Digestive system
 - C. Autonomic nervous system
 - D. Reward system
- 02** How do you trigger a relaxation response before you go on stage?
- A. Eating a donut
 - B. Studying your speech
 - C. Stretching your arms up and breathing deeply
 - D. Playing video games

TEDEd, The science of stage fright (and how to overcome it) - Mikael Cho. Retrieved from:
<https://ed.ted.com/lessons/the-science-of-stage-fright-and-how-to-overcome-it-mikael-cho/>



Instructional video: The science of stage fright **(and how to overcome it) - Mikael Cho**

After you watch:

The fear from stage fright is caused by which primitive process in your brain?

- A. Fight-or-flight response
- B. Reward response
- C. Learning response
- D. Information processing

What plays a huge role in social anxiety?

- A. Watching TV
- B. Genetics
- C. Friends

What would be the best way to practice your speech?

- A. Saying your speech out loud lying in bed with cue cards
- B. Reading your speech at home
- C. Reading your speech from the computer while watching TV
- D. Saying your speech at the same place where you'll be giving the speech with the same setup

PAIR
WORK

Stretching your arms up and breathing deeply triggers a relaxation response. What are some other things that you could do to feel relaxed?



Topic 2: Improving Speaking Confidence



Managing Speaker
Anxiety

Your Guide to...



Confident
Communication

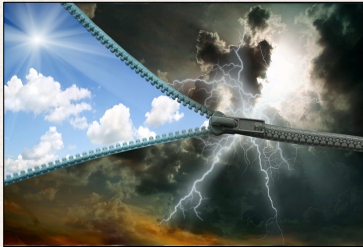
Feeling nervous is not a weakness—it's the most common communication fear. ~70% of students report **moderate-high** public speaking anxiety. You are not alone!

The goal is **not to eliminate this nervous energy** but to understand, control, and **channel it into a dynamic presentation.**

Adapted from: 《公共演讲的艺术》 (第7版), 乔治·L·格赖斯、约翰·F·斯金纳 著, 中国人民大学出版社, 2012年。第3章.

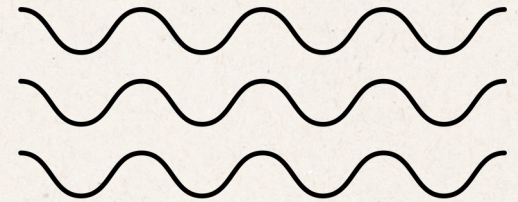


Tip 1: Reframe Your Mindset



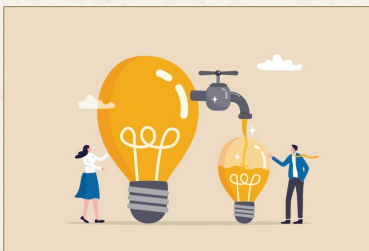
Reframe Thinking:

Replace negative self-talk with positive, logical statements.



Visualize Success:

Mentally rehearse your speech from start to finish.



Shift Perspective:

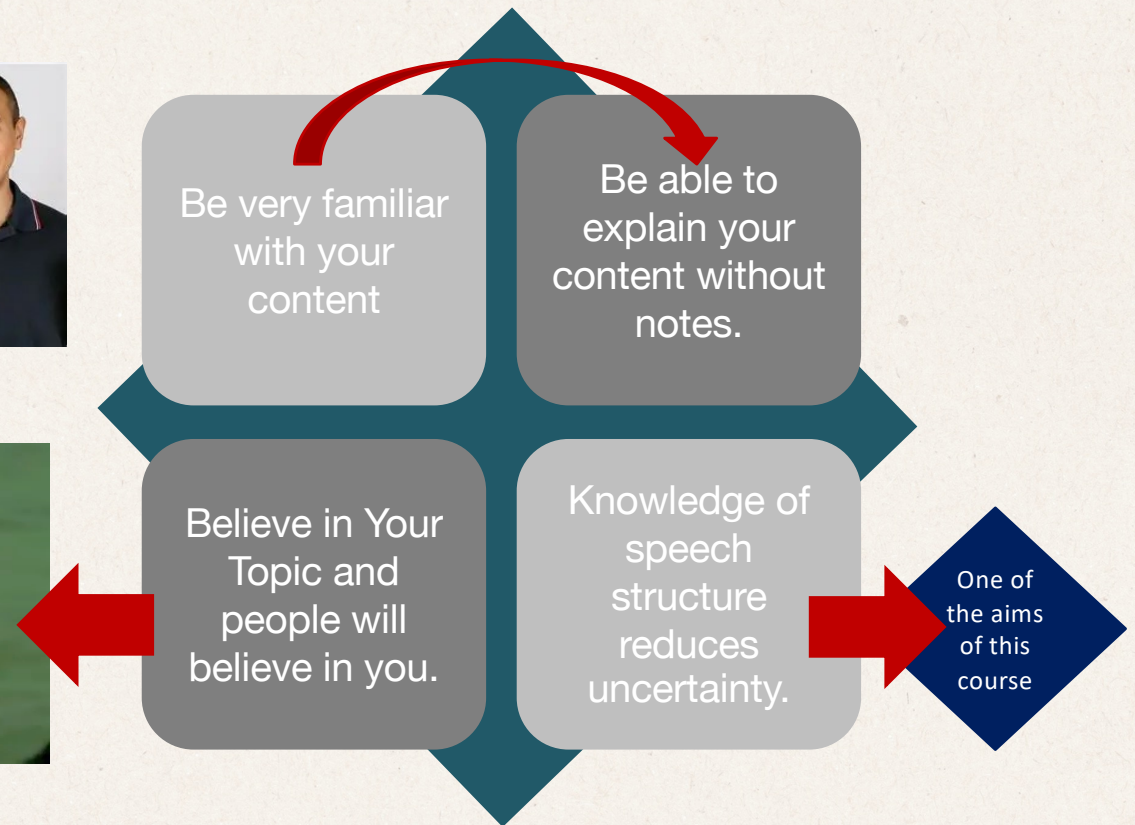
View speaking as a chance to share ideas, not as a threat.



Tip 2: Master Through Preparation



Believe!



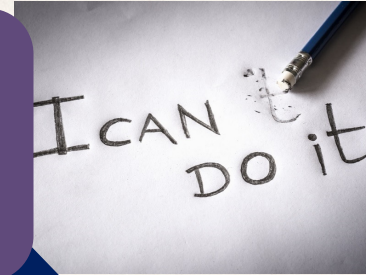


Tip 3: Practice with Purpose



Rehearse your
speech from
start to finish

Practice
recovering from
mistakes



**Simulate Real
Conditions:**
Practice with
distractions

Deliver your
speech to a
friend and ask
for feedback





Tip 4: Know and Manage Yourself

01 Understand Your Reactions:

Anticipate personal symptoms (shaking, voice) to manage them.



02 Capitalize on Strengths:

Design your speech to play to your natural talents.



03 Project to Feel:

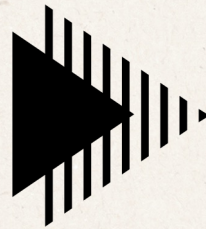
Use confident posture, eye contact, and gestures





Tip 5: Keep Perspective

• **It Looks Worse from the Inside:** Your audience rarely perceives the level of anxiety you feel.



You Are the Expert: In your speaking moment, you know more about your topic than your listeners do.





Mini-speech: speak with courage like a movie star!

Read the three movie speech excerpts below and find the main idea the speaker wants to communicate to the audience. Underline the words used to convince the audience to believe in those ideas.



This isn't the time to make hard and fast decisions. This is the time to make mistakes. Take the wrong train and get stuck Somewhere. Fall in love, a lot!

Major in philosophy. Because there's no way to make a career out of that, change your mind, and change it again because nothing's permanent.

So make as many mistakes as you can. That way someday when they ask what we want to be, we won't have to guess. We'll know.



Mini-speech: speak with courage like a movie star!

Read the three movie speech excerpts below and find the main idea the speaker wants to communicate to the audience. Underline the words used to convince the audience to believe in those ideas.



We all have limitations, we all make mistakes, which means “hey! glass half-full. We all have a lot in common, and the more we try to understand one another, the more exceptional each of us will be.

But we have to try. So no matter what type of animal you are, from the biggest elephant to our first fox, I implore you: Try! Try to make the world a better place.

Look inside yourself and recognize that change starts with you. It starts with me. It starts with all of Us.



Mini-speech: speak with courage like a movie star!

Read the three movie speech excerpts below and find the main idea the speaker wants to communicate to the audience. Underline the words used to convince the audience to believe in those ideas.



I am William Wallace, and I see a whole army of my countrymen here in defiance of tyranny. You've come to fight as free men and free men you are. What will you do without freedom? Will you fight?

Alright. Fight and you may die, run and you'll live, at least a while. And dying in your beds, many years from now, would you be willing to trade, all the days from this day to that, for one chance, just one chance, to come back here and tell our enemies that they may take our lives but they'll never take our freedom!



Mini-speech: speak with courage like a movie star!

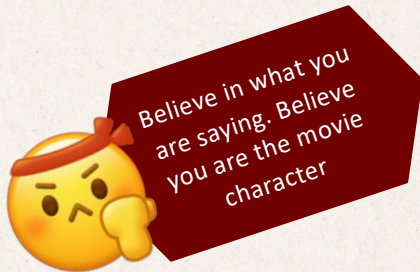
Movies often contain excellent examples of **well-crafted short speeches** that inspire people to believe. Go to our class website and choose one of the three speeches below. Practice it trying to **communicate** the same **emotions** expressed by these characters.



Braveheart: William Wallace's Battle Speech (1995) [1:30 mins]



The Twilight Saga: Eclipse - Graduation Day Speech (2010) [1:20 mins]



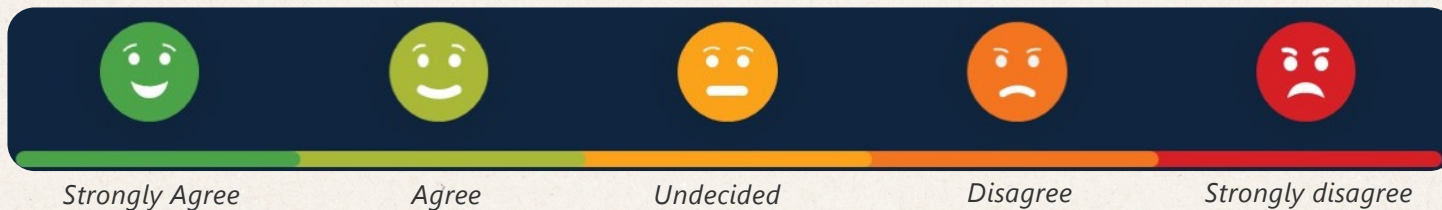
Zootopia 1: Judy Hopp's Final Speech (2016) [1:15 mins]





Survey: Speaker Confidence Index

Discuss the following questions with a classmate. Use the scale below to answer:



1. *While preparing for giving a speech, I feel tense and nervous.*
2. *My thoughts become confused and jumbled when I am giving a speech.*
3. *My hands tremble when I am giving a speech.*
4. *I perspire just before starting a speech.*
5. *I breathe faster just before starting a speech.*

Take the full
survey:



https://expressmastery.com/public_speaking/PRPSA_survey/



Personal journal: What factors affect my confidence to speak in public?

Check the boxes next to the concepts you feel you understood or applied today:

- ☒ I considered my role as the **Speaker (Encoder)** when discussing questions with my classmates.
- ☒ I thought about how the **Listener (my classmates)** might interpret my message.
- ☐ I made **conscious choices** about the words to include in my **Message** and the body language I used when I spoke.
- ☒ When speaking, I made eye contact with my listeners to synchronize our **Auditory** and **Visual Channels**.
- ☐ I identified potential **Noise** (background voices, the room temperature, my classmate's mood, students checking their phone while talking, etc.).
- ☒ I used a technique to **project confidence** (posture, eye contact, the tone of my voice, etc.).



Personal journal: What factors affect my confidence to speak in public?

Choose the option that best reflects your current approach or belief.

1. To make my nervous energy work *for* my speech, I should primarily:

- A. Try to eliminate all feelings of anxiety before I begin.
- B. Channel it into enthusiasm and dynamic delivery.
- C. Apologize to the audience for being nervous.
- D. Speak as quickly as possible to get it over with.

2. If my hands shake while holding notes, the most strategic immediate action is to:

- A. Stop speaking until the shaking stops.
- B. Put the notes down and rely on my memory.
- C. Acknowledge it out loud to the audience.
- D. Use a deep breath and rest my hands on the lectern for stability.

