

Overcome Your Fear of Public Speaking

Chris Ryan March 06, 2014



Blossom Benedict Public Seaking

Blossom Benedict has been helping people just like you overcome their fear of speaking in front of groups, large and small, and embrace all opportunities to do so with confidence.

([Newswire.net](#) -- March 6, 2014) Wellington --

There is nothing like the fear of public speaking. The queasy feeling deep in the pit of your stomach. The lightheadedness when you see the crowd. The certainty that you will not be able to utter a word, and even if you do, it will come out as whispered gibberish. You can see the crowd pulling out bushels of fruit and vegetables from underneath the covered tables, pelting you with tomatoes.

All this just at the thought of [public speaking](#).

There is no reason to fear what should be a natural high in addressing your peers and relaying your message clearly, concisely and confidently. While there is nothing like the all-encompassing fear you currently feel or suspect you would have, there is also nothing like delivering the toast or speech that moves others to great emotion or decisive action.

Blossom Benedict is a public speaking and presentation expert. Through her Simple Seven Ways to conquer public speaking, you can overcome the sweaty palms, panicky breathing and flight or fight desire to run that stands in your way of sharing your message with those around and perhaps even the world.

Blossom's tips include:

Let Down Your Barriers

Focus on Putting Your Audience At Ease

Ask Yourself: Fear or Excitement?

Pull Your Audience to You Instead of Pushing Them Away

Don't Overprepare

Don't Judge Your Performance During the Applause

Stop Believing Yourself

Some of the most accomplished politicians, actors and other public figures are petrified of public speaking. It may not be the performance they, or you, are scared of – it is the vulnerability of being in front of others – nowhere to hide, no one to point at except yourself. This is as unnerving as it is exciting, and Blossom shows you how to navigate those emotions to your benefit.

Blossom has been able to help thousands of people in the United States and abroad in places such as Australia. She is a regular visitor to radio and television, appearing on television and radio in The United States and Australia providing commentary on issues that affect women. Blossom has a regular radio show on the Health Life network across America, has been featured on MariaShriver.com, Askmen.com, Sunshine Coast Daily, ABC radio and Channel 7's The Morning Show.

Feedback from clients include statements like this, from Cassy Shrepel, "Blossom's classes are like the appearance of a gentle conversation and a few fun exercises but thrumming beneath is a potency that if chosen can change everything. As she plays around morphing herself into whatever is required of her, you will drawn to play along. In short, this class can be everything you chose it to be".

Choose to be valiant and confident sharing your message one on one or with a crowd through the help and support of Blossom Benedict, helping you find the right voice for you. Blossom's classes are like an appearance of a gentle conversation and a few fun exercises but thrumming beneath is a potency that if chosen can change everything.

As she plays around morphing her self into what ever is required of her you will be drawn to play along. In short this class everything you choose it to be. Blossom's classes are like an appearance of a gentle conversation and a few fun exercises but thrumming beneath is a potency that if chosen can change everything. As she plays around morphing her self into what ever is required of her you will be drawn to play along. In short this class everything you choose it to be.

Blossom's classes are like an appearance of a gentle conversation and a few fun exercises but thrumming beneath is a potency that if chosen can change everything. As she plays around morphing her self into what ever is required of her you will be drawn to play along. In short this class everything you choose it to be.

Wellington