Heart Cart - 8405 Pulsar Place
Columbus, OH 43240
Phone: (614)885-7577 - Email:
orders@heartbeatinternational.org

Public Speaking Anxiety

Brand: Heartbeat Academy
Product Code: 125

Price: $14.95

Short Description

This 1 hour recorded webinar discusses what public speaking anxiety is and tips for overcoming it!

Description

When you are anticipating that dreaded presentation you're required to give, or if you just hear the words "public speaking," do your legs get weak? Do you start sweating like you've just eaten a ghost pepper? If so, then this presentation is for you. In it, we will address what public speaking anxiety is, where it comes from and how to manage those out of control nerves.

Course published in 2021