



Cool, Calm & Connected

...every time you speak

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Mandy, Account Manager, Brisbane



Geraldine Barkworth
Wholistic Public
Speaking Coach,
Australia

EVENTS CALENDAR

From Feb 1, 2011
2 Coaching Programs

DIY – e-learning.
Do It With
Geraldine
(Phone, Skype,
Face)

Feb 19 – Apr 2, 2011
7 Week Course
Face to Face Group
Byron Bay Area, NSW

June 17-19 2011
3 Day Intensive
Byron Bay Area, NSW

October 2011
4 Day Retreat
Women Only
North NSW, Australia

Quick Survey

What's Your Biggest
Public Speaking Fear?

- Boring people
- Appearing nervous
- Going blank
- Exposing too much

Cool, Calm & Connected Ezine

Email the Goddess Of Public
Speaking

**"Every time you have a
conversation with anyone other
than yourself, you are, public
speaking."**

July / August 2010

Published by Geraldine Barkworth every 2
months & emailed to confidential email lists.

Back issues: [are available here](#)

Issue Includes: Dear Goddess – What's New For You – CCC Barometer - Wordplay

Dear Goddess Of Public Speaking:

**" At a recent business breakfast, I practised the Cool, Calm &
Connected speaking technique.
I stood up for the one minute talk, paused a few seconds, took a
breath... and everybody laughed! Not quite how I intended it to
go down."
NPW, Web Engineer**

" We're Not Laughing At You "

Dear NPW,

Congratulations – it sounds to me like you established trust and rapport before you even began talking. Your audience felt comfortable enough with you to let go and laugh.

The singer/ songwriter, Christina Olsen advises performers to get audiences laughing, preferably before they begin, because when people laugh, they take deeper breaths, relax and start listening and warming to you. That's exactly what you want when you

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problems solved by The
Goddess.

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What's Your Biggest Public Speaking Fear?

- Being judged / mocked
- Feeling Unheard
- Answering questions

Vote

Results

NERVOUS?



Learn to manage speaking nerves with the Inner Calm exercise.



Speak, so well done – even if it wasn't your intention.

Did you by the way, ask anyone why they laughed?

The key of course, is to react spontaneously and use whatever the audience gives you – work with it – whether it be "Gee, I haven't even sold you anything yet!" or, just pause, smile, wait, and then continue. Acknowledging the audience reaction is important – the thing is, it doesn't matter that you've "lost 15 seconds" of your one minute talk because of the laughter – they will be more receptive because of their laughter.

It's a good lesson in remembering that you cannot control or predict an audience. My husband told me about a difficult speech he once gave – his relationship break up with the love of his life. The audience laughed all the way through it – not what he intended. He has a knack for being naturally funny because he is expressive, honest, wise, creative and has a unique perspective – qualities which I know you share NPW. This is definitely to your advantage when speaking in public.

NPW Replies

"I've seen Christina Olsen at a few folk festivals, she is really good fun.

Actually, I just got back from a road trip with the president of the breakfast meeting and he said something really interesting about it. He said he laughed because it was so great – before I even opened my mouth he just "knew" that whatever I had to say was going to be important. He looked around, saw everyone just hanging for me to start, and thought it was so great and unusual, that he laughed and it was contagious.

I don't think I dealt with the shock and confusion very well at all, but then I do have very high expectations. I guess it ties in with my conflict between being "me" and being "professional" (I'm still not sure exactly what that word means?). It was a very good lesson in understanding other people though. I took it totally the wrong way.

When I used to be a performer, we intended for people to laugh at certain times, and it was a very powerful tool. But when things didn't go to plan or the audience didn't react as intended, we would simply change flow and go with it. Expecting the unexpected was par for the course and gave every performance a unique aspect. I'll work on it in this context and I'm certain next time I get taken by surprise, I won't be so quick to assume the worst." NPW

So dear NPW, by checking your assumption first (*Do I know this is really true?*) you gain more realistic feedback rather than jumping to a conclusion. Many people first develop their fear of public speaking based on their original assumption of the worst, and believe it for years.

As another client of mine recently declared in a short speech: "I don't want to be a professional speaker. I just don't want to be ruled by fear anymore."

What's New For You

5 Day Transformational Speaking Retreat for Women only.
October 16 – 20, 2010. Byron Bay area. 4 places still available.

Do your knees tremble at the thought of speaking in public?
Now is the time to learn how to do it and do it well, in comfort and style.

" Not only did I learn about public speaking, I learnt about myself. I felt really safe within the group & this definitely helped me to experiment & take risks that I wouldn't ordinarily do. Celebration final night was really special. " 2009 Participant

" I really appreciated the spiritual connection & feminine power that was underlying the content of the course. I won't forget that & am certain it is totally unique. Geraldine's modelling, energy, intelligence, experience & raw presence is an inspiration & purely enjoyable. " Angela Hinz

Earlybird until September 16. Contact the facilitator, Geraldine Barkworth

The Calm Kit



\$16.95

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Cool, Calm & Connected Barometer

Ok, time to press the "Pause Button" and spend a moment on your personal and professional development. Rate how calm and present you are feeling right now between 1 and 10.

A "1" means you feel scattered and overwhelmed, a "10" means you feel calm and present.

If you need a "calm" boost, download Cool, Calm & Connected's [Inner Calm](#) exercise.



Wordplay

"translunary"

1. Ideal, visionary
2. Celestial, rather than earthly
3. Beyond or above the moon.

Sample Sentence: " Her ideas were so "far out" she was positively translunary in imaginative scope and daring. She was immediately re-elected."

Pronunciation: trans-lu-nar-ry

Possible Origin: adjective, 1925-30

*Become eloquent, articulate
and accurate in your choice
of colourful words,
every time you speak.*

<http://dictionary.reference.com>
<http://www.wordsmyth.net/>



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Contact Geraldine Barkworth on +61 (2) 6685 1917 or geraldine@coolcalmconnect.com.au

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