



Cool, Calm & Connected

...every time you speak

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Quick Survey

What's Your Biggest Public Speaking Fear?

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

It is a "must do" to explore the public speaker waiting to be released from within.



Cool, Calm & Connected Ezine



Email the Goddess of
Public Speaking

For Help With Your Problem

September / October
2010

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every 2 months
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Dear Goddess Of Public Speaking:

" I hate microphones – the long ones, not the ones you clip onto your shirt. I'm fine until someone hands me one. Then I forget what I was going to say and ramble. Then I remember everyone can hear me rambling and I dry up." T.L., Library & Information Manager

"Microphonebia"

Dear T.L.,
Don't be alarmed. You are suffering from "a fear of microphones". The symptoms include sweating, a dry mouth, a blank stare and a squeaky voice. It affects 35.39% of the population. OK, I made that up. It is very fixable. I'm not making that bit up.

Why does the traditional long, metal tube inspire so much horror in so many?

Would it be so scary if it were rainbow coloured with streamers hanging off the end? Would you be able to hold your self back from grabbing that microphone to sing, "We Are The World" and get everyone waving their hands in the air like they just don't care? There's no way you could ramble and go blank with that much love in the room.

A microphone is a magical device. It takes sound energy (your voice or instrument)



Geraldine Barkworth
Wholistic Public
Speaking Coach,
Australia

FREE E-NEWS

Your Public Speaking
problems solved by The
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- Read How The Goddess Of Public Speaking Solves The Challenges of Interpersonal Communication

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What's Your Biggest Public Speaking Fear?

- Being judged / mocked
- Feeling Unheard
- Answering questions

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NERVOUS?



Learn to manage speaking nerves with the Inner Calm exercise.



and transforms it into electrical energy. This electrical energy can then be amplified or recorded, so that everyone can hear you.

And I guess that's the scary part. What if you don't want every one to hear you? The amplification makes your voice bigger than you, potentially takes it beyond your control. And equipment can be unpredictable – what if it makes that awful screeching sound, or your voice booms out something inane. Ah, why are we so complicated? Why so many fears?

Fears are often based on fiction, worrying about "what if it happens or what if it happens again?" One way to deal with fear is to drag it into the light and examine it with keen scientific detachment. OK, so let's break it down:

Microphone Facts

- **The clip on mike** is the least invasive mike and you can just speak naturally. Just be careful with expressive hand movements and don't knock it flying when you make a dramatic point. Make sure you are wearing a belt or pockets for the power pack.
- **A lectern or floor mike** is the most restrictive as you are stuck behind a large immovable object. Great if you want to hide or if you have a lot to read. Not so good if you don't want to be mistaken as a character out of the Thunderbirds. Find out in advance if you can unhook the microphone from the lectern and if so, practise unhooking and using in advance.
- **A handheld mike** (the long, metal tube thing) with a cord is great for practising your skipping while a wireless handheld mike is easier. Both though mean you only have one hand available. In this case you need to adjust your presentation in advance if you have notes, props or are very expressive with your body.

What Could Go Wrong But Probably Won't

- Simply turning up earlier and practising can alleviate most things you worry about. Knowing exactly how to adjust the microphone height or how to switch it on or even knowing where you will stand, will free up your mind for concentrating on being with the audience rather than being with the equipment.
- To avoid getting lots of blowy, farty, sssyyy sounds with a lectern, floor or hand held microphone, aim to speak 5 – 10 cm across the top of the mike, not directly into it. Practise with a carrot at home. The carrot will never laugh at you of course, only with you.
- If the microphone screeches, there may be another mike switched on nearby causing interference (switch it off) or you may be standing in front of or under the sound system speakers (move around until all is quiet).
- Asking for help is grownup – do it quickly and smile at the audience, don't ignore them. They will wait if you are honest and gracious.
- If you feel anxious about using a microphone, try this in advance: Take 3 deep breaths. Now simultaneously, imagine yourself using the microphone with ease while you are breathing deeply and calmly. Practise a few days ahead of time. If you are going to speak and someone hands you a microphone unexpectedly, try this: hold it away from your face, stay still for a moment, take a deep breath, connect with your audience with your eyes, and when you lift the microphone 5 – 10 cm from your mouth, remember, it's only a carrot.

The Microphone Is For The Audience

- Ok, get your ego back in its box. As much as you may fantasise about looking good on stage in tight leather pants and screaming fans, the microphone is not there for your benefit. It is there so that others may hear you without having to lip read and so that no one will go home, bereft of your wisdom. Who are you to deny them?
- Well all right it does benefit you too. If you've gone to all that trouble to put

The Calm Kit



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together a speech, argument, case, a submission, an idea, well d\$#@88t, you need the right people to hear you, and the right equipment to make sure they get it loud and clear. Otherwise, what a waste of your time, effort and fear.

In summary T.L., you have the opportunity to wave a powerful magical wand to transform the hearing of mere mortals. Don't let *microphonebia* hold you back any longer! Step forward onto the stage of your life and speak!!! Wave that microphone in the air like you just don't care!

PS. I couldn't resist this: a fear of vegetables is called *lachanophobia* and fear of public speaking is *glossophobia*. You can read the jaw-dropping list of phobias at: <http://phobialist.com/>

What's New

I have a new website! www.coolcalmconnect.com.au

- Check out the articles and downloads from the Free Stuff pages
- Tell me about your biggest public speaking fear in our Home Page Survey and find out what others fear most.

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.



"1" means you feel scattered and overwhelmed and
"10" means you feel calm and present

To boost your inner calm level:

- Download our free Inner Calm MP3 recording and practise this exercise.
- Download our 2 free A4 Posters of the Inner Calm exercise and the Calm Barometer.

Wordplay

" quaff "

To drink, especially a large one, with hearty enjoyment.

Sample Sentence: " Morning Tea is next folks – please enjoy quaffing our range of herbal teas, whilst munching our spirulina raw food cakes."

Pronunciation: "kwof"

Synonyms: swallow, gulp, swig, guzzle, swill, imbibe.

Create memorable
messages of verbal spice
& colour.

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

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