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By Ryan Laugallis | Traduccion 3 Picture of Maximo Sanz da Fotolia.com Translation programs and books are a fantastic way to fill linguistic gaps and a great resource for people around the world. There are many ways to translate words or text, but web-based translation programs are highly accessible and often free. Google offers a simple but robust translation program capable of translations in 57 languages and includes a "specialized language detector", so it is not even necessary to enter the language from which you are translating. Open your Internet browser and go to Google Translate. Type or paste the text you want to translate into the translation text box. Click on the drop-down menu "Translate to" and select English. Click the drop-down menu "Translate to" and select German. Click the "Translate" button. Your translated text will appear below. Last updated on July 20, 20, 2021 you are standing behind the tent, about making your way on stage to face the many half-faced faces in the darkness in front of you. While you move towards the spotlight, your body starts to feel heavier with every step. A family glow Echee throughout the body - your heartbeat went out of the graphs. Don't worry, you're not the only one with Glossophobia (also known as vocal anxiety or the fear of talking with big crowds). Sometimes, anxiety takes a lot before standing on stage. Our body's defense mechanism responds causing a part of your brain to release adrenaline into your blood - the same chemical that is released as if I had been chased by a Lion. Here step-by-step guide to help you overcome the Your fear of speaking in public: 1. Mentally and physically prepared to experts for experts, we are built to show anxiety and recognize it to others. If your body and your mind are anxious, your audience will notice. So, it is important to get ready in front of the great show so as to arrive on the confident stage, harvested and ready. "Your external world is a reflection of your internal world. What happens inside, shows outside." Bob proctor exercising slightly before a presentation helps to circulate blood and send oxygen to the brain. The mental exercises, on the other hand, can help calm the mind and nerves. Here are some useful ways to calm your heart from running when you start feeling butterflies in your stomach: Heat Up! It is nervous, it is likely that your body will feel the same way. Your body becomes tense, your muscles feel tight or you're breaking cold sweat. The audience will notice you are nervous. If you look at this is exactly what is happening to you minutes before a speech, make a couple of sections to loosen and relax your body. It is better to warm up before any speech as it helps to increase the functional body potential as a whole. Not only that, muscle efficiency increases, improves reaction time and movements. This is some exercises to loosen your body before showing the time: the neck and rolls of the shoulder - "helps to relieve the tension of the upper body muscles and the pressure like the scroll focus on the rotary The head and shoulders, loosen muscle. Stress and anxiety can make us rigid within this area that can make you feel rough, especially when standing. Arm extends - we often use this part of our muscles during a Speech or presentation through our gestures and hand movements. Stretching these muscles can reduce the fatigue of the arm, loosen and improve the range of body languages. Twist alive - Put your hands on the hips and rotate your life in a circular movement . This exercise focuses on the loosening of the regions And lumbar that is essential as it can cause discomfort and pain, further amplify all the anxieties that can be experienced. Stay hydrated in severe felt seconds before talking? And then arriving on the stage with a raspy sound and scratched in front of the public? This happens because the adrenaline from the fear of the stage stage Your mouth to feel dried. To avoid everything, it is essential that we are adequately hydrated before a speech. A sip of water will make your trick. However, drinking in a moderation so you don't need to go to the bathroom constantly. Latera to avoid sugary and caffeine beverages, since it is a diuretic "which means you will feel tempting. You will also amplify your anxiety that prevents you from talking smoothly. Meditate Meditation is well known as a powerful tool for Calm your mind. ABC Dan Harris, co-anchors of the Nightline Line and Good morning of America Weekend and author of the book held 10% happy happier, recommends that meditation can help people feel more calm, faster. Lameditation It's like a workout for your mind. It gives you strength and focuses to filter negativity and distractions with words of encouragement, trust and strength. Meditation of miminglicity, in particular, is a popular method to calm before Getting on the great stage. The practice includes sitting comfortably, focusing on your breathing and then reporting the attention of the present of your mind without drifting in doubts about it To or on the future - which probably includes floundering on stage. This "is a nice example of guided meditation before speaking in public. 2. Focus on your goalkeepers people with a fear of speaking in public they have in common You are concentrating too much about yourself and the possibility of failure. Am I fun? What happens if I don't remember what to say? I look stupid? People will listen to me? Does anyone worries what I'm talking about? "Instead of thinking this way, move your attention to your true purpose - contributing something value to your audience. Decide the progress as your audience to do after your presentation. Note their movements and expressions to adapt your speech to make sure you have a good time to leave the room as better people. If your focus is not useful and what should be when you're talking to, then move it to what it does. This is also the key to establishing confidence during your presentation as the public can clearly see that you have their interests in the heart. 3. Convert negativity into positivities There are two sides that constantly fight within us - one is full of strength and courage while the other is doubtful and insecurity. What will you give you? "What will you confuse this speech? What happens if I'm not fun enough? What happens if I forget what to say? "There is no wonder because many of us are uncomfortable by giving a presentation. Everything that we do is bring us back before we had the chance to show ourselves. This is also known as self-compensation prophecy - a conviction that becomes reality because we act as if it were already. If you think you're incompetent, then you will become true. Coachmotivational coaches make the tout that mantra and positive statements tend to increase your confidents for moments that matter more. Done to yourself: "assert this speech and I can do it! "Take advantage of your adrenaline race to encourage the positive result rather than thinking about the negative "What If SA Video of the Kelly McGonigal psychologist who encourages its audience to transform stress into something positive and provide methods on how to deal with it: 4. Include your content that your content at hand helps reduce Your anxiety because there is one thing less to worry about. A way to get to go there is numerous times before your true speech. However, the storage of your writing-word-word is not encouraged. You can end Freezing, if you forget something. It also risks that they risk playing unnatural and less accessible. "The quantity of reading or memorization will succeed in life. It is understanding and the application of the essay thinking. "Bob Proctoryany people unconsciously commit the mistake of reading from their slides or by storing their word-word writing without understanding their own "A defined way to underlook it. Dispensing your speech flow and the content makes it easier for you to convert ideas and concepts into your words that you can then clearly explain to others. Conversationally. Design the slides for Including text messages is also an easy hack to make sure you quickly remember the flow when your mind becomes empty. One way to understand is to store concepts or ideas or too arched in your step. It helps you speak in a way. More natural and let your personality go through. It's almost like taking your audience on a trip with a few key milestones. 5. The practice makes most people perfect, many of us are not naturally in tune to speak in public . Rarely individuals walk up to a large audience and present impeccably without any research and preparation. In reality, some of the best presenters do it seem easy during the showtime because they spent countless hours behind the scenes. Even the great speakers like the late John F. Kennedy will pass months by preparing the speech before him. Public who spoke, like any other ability, requires practice - if you practice countless speech times in front of a mirror or take notes. As the proverb says, the practice makes perfect! 6. Yes authentic, there is nothing wrong with feeling stressed before climbing to speak in front of an audience. People are afraid of being afraid to speak in public because they will fear that others will judge them to show their true, vulnerable. However, the vulnerability can sometimes help you overcome as more authentic and relationships as a loudspeaker. Drop the fiction of trying to act or speak like someone else and you will find that the risk is worth. It becomes more genuine, flexible and spontaneous, which makes it easier to manage unpredictable situations - if you get questions that are difficult by the crowd or experiencing an unexpected technical difficulty. To discover your authentic style to speak is easy. Simply choose a topic or a problem that you are passionate about and discuss as well as you would normally like a close family or a friend. It's like having a conversation with someone in a personalized personal environment. A great way to do it on the stage is to select a member of the random public (with a hopefully calming face) and talking to a single person at a time during your speech. You will find that it is easier to try to connect to a person at a time of a whole room. That said this, being quite comfortable to be yourself in front of others could take some time and some experience, depending on how comfortable you are with being yourself before others. But once you have embraced it, the fear of the stage will not be intimidating as initially you thought. Presented as Barack Obama is a first example of a genuine and passionate speaker: 7. Post speech evaluation but no less important, if you have made it speak in public and have been scarred by a bad experience, try to see it as a lesson learned a Improve yourself as a loudspeaker. don t will boil you after a presentation the hardest from ourselves and it's nice to be. But when you finish delivering your speech or presentation, give yourself a little recognition and a pat on the back. You managed to finish everything you had to do and didn't give up. You have not allowed your fears and insecurities to you. Take a little pride than your work and believe in yourself. Implare your next records mentioned before, the practice makes it perfect. If you want to improve your public skills, try asking someone to film you during a speech or a presentation. Subsequently, look and observe what you can do to improve yourself next time. What Some questions you can ask for you after every speech: how did I do? Are there areas for improvement? I played or seem stressed? I stumbled on my words? Why? I was saying "um" too often? How was the flow of speech? Write everything you observed and continues to practice and improve. On time, you will be able to do it Manage your fears to speak in public and appear more confident when they count. If you still want more suggestions about the public or offering a great presentation, check also these articles: these articles too:

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