

Public Speaking

Market Sentiments

Web Search Interest in 1 Year (2010-2011)

Shows general market interest, attention and curiosity online about the topic.

Interest over time

[Learn what these numbers mean](#)



Regional Interest

Regional interest

1.	Malaysia	100
2.	Philippines	89
3.	South Africa	43
4.	Australia	42
5.	Singapore	42
6.	Indonesia	37
7.	India	37
8.	United States	35
9.	United Arab Emirates	29
10.	Canada	27

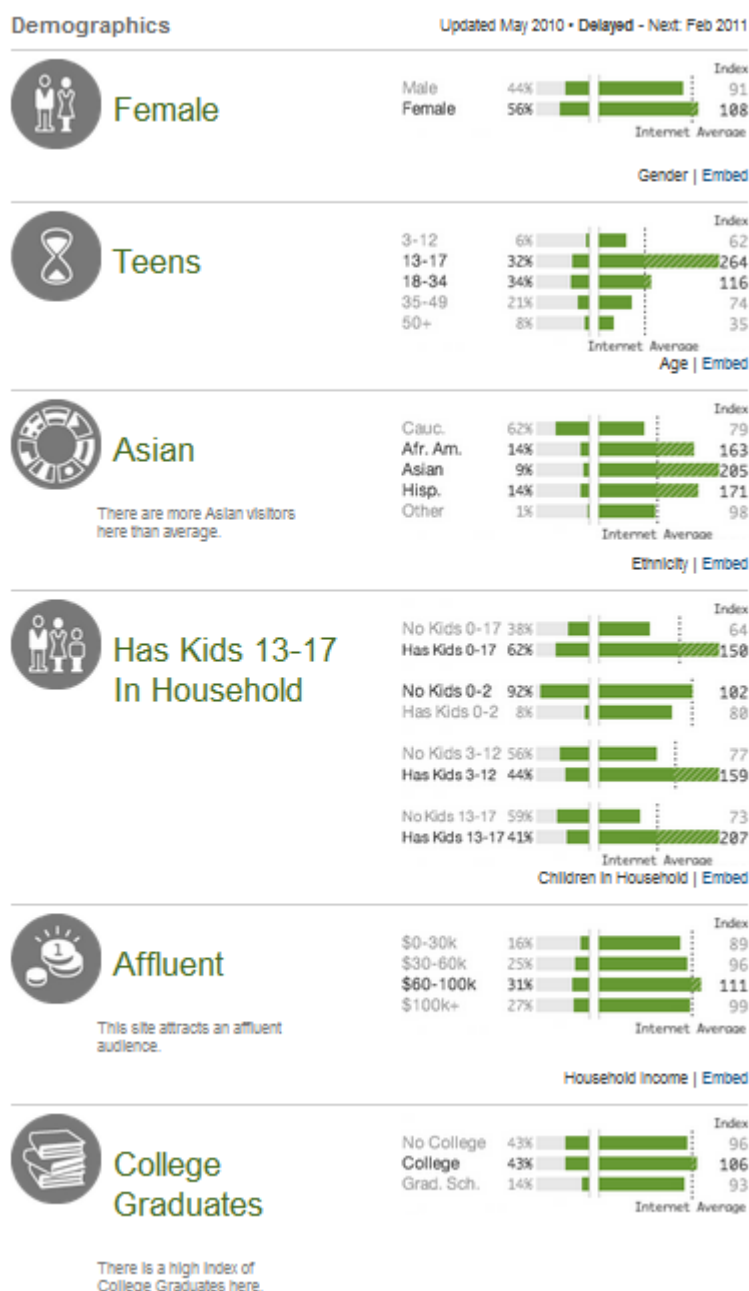
Shows general market interest online according to geographical location

Note: All results from Google Insights are normalized. So just because a particular region doesn't appear on the top Regional interest list, it doesn't necessarily mean that the niche isn't popular at all - it just means that the term is more popular in other regions.

Demographics (data based on www.aresearchguide.com)

Demographics are the characteristics of a population. In the field of marketing, it is important to define the demographic profile of your target audience. This is to identify target audience in the overall population and to create a clear and complete picture of the characteristics of the target consumer.

The following data tells you the gender, per household, status, income other insights of your audience.



data tells you age, children education levels, and demographic target

The “index” represents the delivery of a specific audience segment compared to the internet average of 100. Composition, which is represented by the % of audience figure on the left side of the chart, represents the percentage of a property’s total audience that meets a specific demographic criteria.

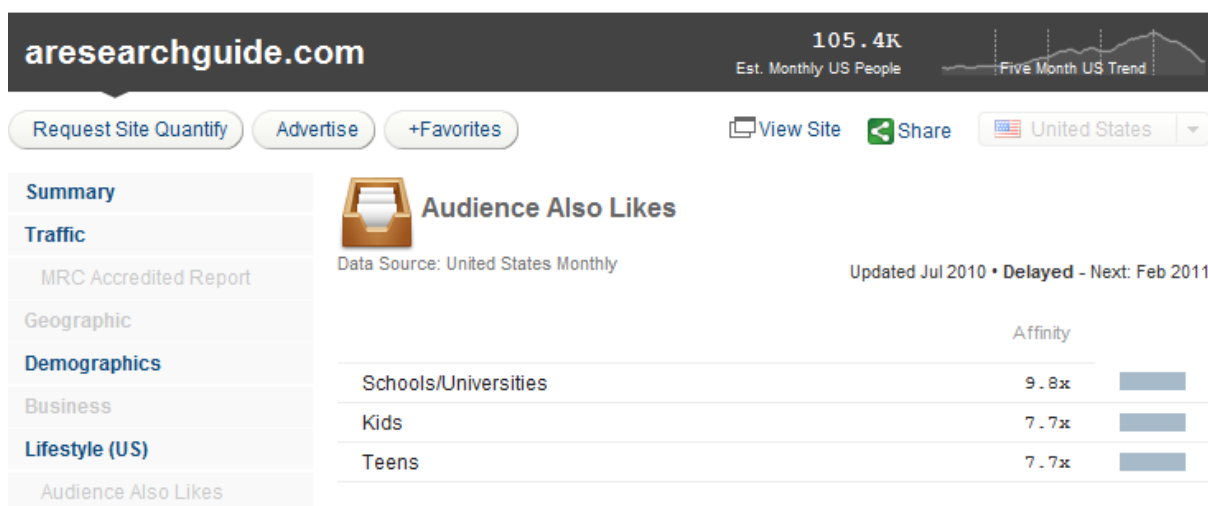
For example, an index of 100 indicates the target audience is equivalent to the demographic make-up of the total internet population. Any increase over 100 means that the property is “over indexed” and attracts a more concentrated group of a particular demographic group than in the general internet population.

Psychographics (data based on www.aresearchguide.com)

In the field of marketing, psychographic variables are any attributes relating to personality, values, attitudes, interests, or lifestyles.

The following data profile shows other topics that the audience is likely to be interested to visit and the affinity indicates how much more likely than average.

An affinity of 10x means that your target audience is ten times likelier to be interested in the topics than the average internet user.



Frequently Asked Questions

- How do you deal with public speaking anxiety?
- How to get over the fear of public speaking?
- What causes of the fear of public speaking?
- How can I calm down during public speaking?
- What shall be in my thoughts when doing public speaking?
- Is memorising or understanding the topic better for public speaking?
- For memorising, how to improve on my memory skills?
- For understanding, how to ensure you understand every detail?
- What are some good serious monologues I could use for public speaking?
- How can i improve my social and public speaking techniques?
- What are the different delivery ways in public speaking?
- What is it about public speaking that scares us/you?
- How do i prepare for public speaking?
- What's the best way to reduce my fear of public speaking?
- What are the important aspects in public speaking?
- How can i increase confidence for public speaking?
- What makes a public speaking delivery creative and interesting?
- What tools can I use to assist me in public speaking?
- Can fear in public speaking be erased?

- Will it have any other effects if you have fear in public speaking?
- What thoughts should I have to distract myself from shaking in front of people?
- Is there any aid in helping to reduce my nervousness before public speaking?
- Will hypnosis help me in conquering the fear of public speaking?
- How does one stand tall and confident during public speaking?
- What are some good public speaking topics?

Problems & Frustrations

- **Stutter, talk too quickly and too softly in front of a large audience**

For our school's Christmas concert, I will be the host. However, I stutter in front of large audiences, talk too quickly and and too softly. There will be about 1,000 people in the audience. How can I make sure that I don't mess up in front of everyone?

- **Problem relaxing during presentations**

Why is it that when I'm sitting in the classroom and the professor asks me something or when I have to say anything else out loud, I feel like something is squeezing my throat and it's highly embarrassing because the words barely get out of my mouth. But when I have to stand in front of the whole class to make a presentation, to speak something or even if I'm just walking there in front of everyone's eyes to get out of the room (to go to the bathroom or something) I feel way more relaxed and am able to speak and make presentations without problems?

- **Shake like crazy during presentation**

Whenever I get up in front of the class I start shaking like crazy. At first it isn't too bad, but as I start looking around at everyone and realize that I am completely vulnerable and alone up there it starts to get worse and I start stuttering and it pretty much looks like I'm having a seizure. Is there anything I can do? I've heard to take deep breaths, but anything else?

- **Rehearsed a couple of times but still could not overcome fear**

I thought I conquered my public speaking fear, but just a couple of days ago when I had to give a 30min presentation, I noticed that I didn't change much. I kept on telling myself that there's nothing to fear, but it never work. I prepared for my presentation three days before and wrote out my script; gone over it many times. I rehearsed it couple of times and I was fine. However, when I was up there, I just couldn't think straight and I got tongue tied. That's actually the worst part, I wasn't extremely nervous, but the inability to pronounce certain words or start a sentence scared me. I admit, I have a very mild case of stuttering, adding to the pressure of public speaking, it was extremely hard for me to pronounce words... even though the words were in front of me, on my script. Is there anything I can do to stop my fear of speaking in front of a crowd?

- **Afraid of being judged**

I'm a soon-to-be teacher, but I have a big problem. I am unable to talk in front of a class. I know it sounds strange, but I'm afraid of being judged by or laughed at by my students, especially because I will be a new teacher. Is there anyway I can get over this fear?

- **Difficulty memorising script**

I have been told not to use palm cards for my upcoming school presentation, but I have difficulty with memorising my script. Are there any good ways to help me with memorising all my points and making it a great presentation?

- **Feeling faint and close to suffering a panic attack**

I don't have issues with speaking to large crowds of people or one on one. The problem I have is when there are just a few people in the room. During a meeting with about 5 people whom I work with, I was prepared, had my notes and was ready to go. But when my turn came I nearly passed out from nerves. I literally thought I was going to faint or have a panic attack. I kept it together and tried motivating myself and concentrated on my breathing but I was SHAKING. I don't understand why this is happening. I'd like to know if any one else has these issues and if so what do you do to overcome it? Any suggestions / tips would be greatly appreciated!

- **Sudden development of public speaking fear**

I'm 29 and I have been comfortable with public speaking my entire life. I have given small speeches in front of large groups. I would get a little nervous, but after 30 seconds or so I would get comfortable and actually enjoy myself. About a year ago i had my first panic attack while in front of a crowd. I had no idea what was happening or what triggered it, but it was horrible. I had all of the symptoms, shaky voice, sweating, went pale, severe body shakes, I felt out of body, heart racing. The entire audience was concerned I was having a heart attack. Now it has crept into my business life and I avoid teaching training courses or speaking in front of groups. It frustrates me when people tag this as just being nervous, or tell me to practice. It is so beyond that. It's a psychological reaction that I have seemingly no control over. I can feel great, not nervous and BAM, it hits me out of the blue. These are my frustrations, I am open to any suggestions.

- **Difficult to speak clearly and loudly**

I have been trying to improve my public speaking skills. I have been working on taking a deep breath before speaking and it has been helping but sometimes after speaking for a while, I get a lump in my throat, kind of feeling. It makes it difficult to keep speaking clearly and loud enough. Do you have any ideas on how to overcome this sensation?

- **Always get distracted during speech delivery**

I have never felt comfortable talking in front of a crowd. It's like I feel eyes boring through me. I get distracted, lose my train of thought, and feel their sympathy when I'm not as good as I want to be then I lose my confidence. As you can tell, it all goes downhill from there. How can I get over this feeling?

- **Use of speech fillers**

My colleagues have recently pointed out that I tend to use a lot of speech fillers such as "um" or "uh" while giving presentations or speeches. It really makes me and my team seem less professional. How can I stop myself from doing this?

- **Keep replaying worst case scenarios before presentation**

Tomorrow I have to deliver a 2-hour training presentation in front of 80 employees. I loathe speaking in front of large crowds and suffer from crippling stage fright. Chances are I will be awake all night fretting the occasion and replaying worst case scenarios in my head. Any tips on how to relax and keep my anxiety at a minimum?

- **Speech problems and stumble on words often**

So, I have a real quiet voice, and I stumble my words often. I don't stutter a lot, but I find it difficult to let myself be heard when I'm speaking in front of a crowd even if I have a mic. I have thought of diction classes but that sounds cheesy. Does anyone else have speech problems and know how to beat it?

- **Insecurity about contents of speech**

I have always had problems with public speaking. When I'm standing on the stage, I feel everyone's eyes on me and I don't know how they would take my presentation. Although I would have spent time getting ready all the information, I would still feel insecure about the contents of my speech. How can I get over this feeling and become more confident on stage?

- **Feeling of humiliation**

Has anyone else here completely lost it when trying to make a academic intervention in a well attended seminar given by an important academic in their field. I had what I wanted to say all clear in my head and then panicked when I was speaking, resulting in my mind going blank. I now feel totally humiliated and I'm assuming that I'm just not cut out for the academic world. Speaking in front of people has never been my strong point but I've always pushed myself to do it, to varying degrees of success, accepting the fact that 1) I'll never be a great speaker and 2) I can't do anything about the fact that I go bright red when I speak. This experience seems to have undone all the progress I've made in the past - I don't want to risk a similar experience in the future. How can I get over my public speaking problems and stay in the academic world?

- **Stage fright and nervousness**

I have a book speech to give next week in my English class and I'm VERY nervous for it. The speech must be 10-15 minutes long. I started researching the topic today and will have no problem at all putting the information together. The big issue is giving the speech. I've always been stage-fright and never was good at delivering speeches. I had to do a project like this last year same length and everything and it went fine, but when I give presentations my face gets red, my legs start shaking, etc. I really don't know what to do. Last year when I gave a speech like this I focused on one object in the room and focused on that for the whole speech. What else I can do though to overcome this fear of giving speeches. Does anyone have any advice to overcome stage-fright?

- **Speed reading and speaking really fast when nervous**

I have a major problem with public speaking. I've gone to several conferences to read my research papers. The nerves have gotten better from what they used to be in situations like that but they're still not at an ideal level. I tend to speed read or speak really really fast when I get nervous. So despite some of my speaking abilities, it would seem that in formal settings when I have to physically stand up I am far more nervous. This is very distressing as I do want to move on to Ph.D work and become a professor. So I guess what I'm asking is, does anyone else suffer from this and how does one cope with it? Is it all merely a matter of time that one becomes used to it? Are there any skills to develop or basic mind tricks that make it easier?

- **Work requires public speaking**

I have had a fear of any kind of public speaking since I was in elementary school (I'm 41 now). Thanks to years of medication and therapy, I've gotten to the point where I can speak up in meetings at work. I still hate it, but I can usually get through it. My boss knows I have a problem with public speaking, and she's always pushing me to do more. I've had to endure giving a couple of small presentations that she wanted me to do--they were not really related to my job, but she thinks she's helping me this way. I've told her I don't think it's helping at all, but she's sure she's right. At a staff meeting the other day, she announced that I would be teaching an adult education workshop for our community in September. That was the first I knew of that. Since I have been assigned to do that, does anyone have any tips to help me handle the workshop better? I'm afraid that I will be overcome by my fears.

- **Severe public speaking anxieties**

I have severe public speaking anxieties and have always ran away from speaking in front of crowds. However, my best friend is getting married in a month, and as the bridesmaid, I will have to make a small speech. I don't like the idea of it, but I thought that I would do it for my best friend. I have heard that some people take some sort of anti-anxiety medication prior to presentations and speaking arrangements. Has anyone tried this? Does such medication work?

- **Pre-presentation jitters**

My job requires me to provide a weekly report to my boss. This is usually done in a group setting. All of the different department heads are required to attend the meeting as well to provide their updates. Even though I've been doing this for five months I still have a fear of

speaking in front of people. Sometimes I would breathe so hard that I couldn't focus on the person giving their presentation. I would sweat profusely like I had been running a marathon. Here's the funny thing though. All the fear and anxiety happen a few minutes before I take the stage to present. Once I get on stage and start talking, everything goes back to normal. There's no more fear. This I can't explain. Does anyone have the same experience or fears of public speaking?