Overcoming Public Speaking Anxiety & Creating Your Elevator Talk and Improving Presentations

Wednesday, December 4, 2019
5:00-6:30pm | Garrison Room

Please register: https://f19publicspeaking.eventbrite.com

Fear of public speaking is a common anxiety that many graduate students and postdocs face. Fortunately, it can be overcome and you can learn to be more comfortable in any situation that requires you to present information. You will also learn to create your “elevator talk” so you can more successfully introduce yourself and get others interested in what you do!

Workshop Agenda:

- Overcoming Anxiety
  - Explore the roots of public speaking anxiety
  - Understand your level of anxiety
  - Learn how to approach public speaking with a different orientation
  - Learn methods to reduce your anxiety level

- Creating Your Elevator Talk
  - Learn how to network in a professional setting
  - Introduce yourself and your research in 1 minute
  - Get others interested in what you do

Instructor: Margaret Mantor, PhD maswisher@ucdavis.edu

Dr. Mantor completed her PhD in Geography from UC Davis. She designed and has twice taught a popular a graduate-level course to help other graduate students and postdoctoral scholars overcome the debilitating effects of public speaking anxiety. Her motivation arose out of her own experience with public speaking anxiety and the desire to master this common fear and become a successful presenter. She now enjoys teaching and giving presentations in academia and to non-academic audiences and looks forward to sharing what she has learned and helping you overcome your anxieties related to public speaking.