

Speaking in Public

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(Induction of choice)

And now as you continue to relax, and paying very close attention to the sound of my voice, let me remind you that speaking in public is your choice and your decision. And you choose to be a proficient and dynamic speaker. The pronunciation of your words come to you in a paced sequence. Flowing naturally and effortlessly. Always knowing exactly what to say and taking the time to prepare your thoughts before sharing them with your audience. Speaking in public is satisfying, gratifying and brings you great joy and happiness. You are totally in control over the words you speak at all times. Hearing you talk inspires other people. You have a vast amount of knowledge to share with others and wish to do so by speaking in front of an audience. Speaking to a group allows you to share your knowledge with many people at the same time. Formulating each thought in the correct sequence before uttering the words comes easily and naturally. Realizing now that you have outstanding, natural speaking abilities. You believe in yourself and in the message you wish to convey. Doing exactly what you must do to deliver your message efficiently, clearly and in the correct sequence. Your excitement for the subject you are speaking on is motivating to others. They understand the message you are communicating and feel the excitement of the words you speak.

From this day forward each and every time you prepare to stand in front of an audience you will do so with a new found vitality and confidence. Hearing you speak inspires other people, and public speaking comes easily and naturally for you. Knowing exactly what to say at the precise time. Finally being in control of your thoughts and actions in front of a group. Being confident and self-assured.

(Use deepening technique of choice) Take the time now to visualize or imagine yourself preparing for a speaking engagement. You have done your homework on the subject you are speaking on. You are prepared to convey your thoughts to others in a confident and calm manner. Your breathing is paced and calm. You are focused. You are well rested. Your gestures and facial expressions are in perfect harmony with your thoughts. You are most definitely prepared for this lecture. Your body language will convey to your audience the message of authority and control on the subject you are speaking on. You choose to deliver your message with a unique and enthusiastic style. A style that is yours alone, because you are in control of every thought and action. Making you the sole producer and actor of these thoughts and actions. Allowing each and every lecture to be a new creation in its own right.

As you continue to relax, allow your mind to accept these suggestions willingly and completely. The more receptive you are to these suggestions the easier it is for you to speak fluently to an audience. Each and every time you prepare for a speaking engagement, your enthusiasm will increase and you will feel yourself becoming more and more confident of the words you speak. Being relaxed, calm, focused and in control

of every movement, word and thought.

Imagine yourself now in front of an audience. See it vividly. Hear the applause of the audience as you step up to the front of the room. See the look of approval from your audience as they smile back at you, understanding your message completely. **(pause)**

(Use deepening technique of choice) Feel the pride within you as you deliver your message with confidence and in a self-assured manner. You know that it is your decision and your choice to speak to a group, and you accept this decision willingly and completely. And you also now know that you can, you will, and you must do exactly whatever you must do, to convey your message with a blend of confidence, enthusiasm, and excitement. Formulating each thought in the correct sequence before uttering the words comes easy for you. Being confident in your ability to convey a message with integrity, enthusiasm and style. Each and every minute that passes, as you stand before an audience will give you more and more and more confidence in your ability to speak in front of a group. Each performance becoming easier and easier. You have a quit wit about you and know exactly what to say at the exact moment. Being relaxed and at ease, thinking clearly, staying focused and speaking calmly comes easily to you.

Command your subconscious mind now. **(pause)** Silently to yourself. **(pause)** “Subconscious, you will do exactly whatever you must do to deliver a lecture with calmness, confidence and self-assuredness.” “You will speak fluently and clearly.” “You will stay focused on the message being conveyed.” “You will find the exact words that need to be spoken to convey the message” “You will stay calm and relaxed at all times.” “You will do this easily and effortlessly” “I command this of you NOW.”

Know that each and every time you prepare to speak to a group you will feel a new surge of vitality and enthusiasm for sharing your thoughts and words with others. Your confidence level will skyrocket. The urgency to share your thoughts and words with others is overwhelming. The more you speak in front of a group the easier it becomes because you are prepared, confident, calm, focused and in control over the words you speak, the actions you choose and the thoughts you formulate from this day forward.

(Emerge your client)

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