# Getting Butterflies to Fly in Formation

Below is a full list of techniques you could use to become more focused and relaxed.

* Breathe!
* Be prepared. Know your main content points.
* Think of beginnings and endings (memorize and practice).
* Feel your feet in contact with the ground and stand up.
* Be clear on your purpose or intent for the presentation and in general (e.g., to excite, to take action, to empathize with audience).
* Concentrate on your purpose and not on being judged.
* Figure out what you are afraid of.
* Figure out what gives you confidence and use it.
* Think of a person who gives you confidence.
* Remember things you are proud of (catalog your achievements or successes).
* Write affirmations about your own growth, giving yourself credit.
* Visualize speaking and feeling really good about it.
* Visualize making a mistake and moving on (forgiving self).
* Imagine a supportive audience.
* Concentrate on supportive eyes in audience.
* Put it in perspective (i.e., no one is going to die).
* Concentrate on making the audience feel comfortable.
* Be nervous and keep going.
* Practice! Practice! Practice!
* Fake it ’til you make it (use lots of voice and energy at start).
* Socialize with audience before (they’re just people).
* Remember, it’s not about you. It’s about how you can serve the group.

Reflection Questions

* What situations make you nervous?
* What is your personal relaxation technique? When could you use it next?
* What is your daily practice to help manage stress? How could you improve on this practice?