

Conquer Your Public Speaking Anxiety!



AVC Learning Center **WORKSHOP**

You are not alone. Glossophobia, or the fear of public speaking, is an extremely common fear that can apply to over 70% of us.

Let me help with conquering your speaking anxiety!

- **Settle your nerves before speeches to reduce errors**
- **Overcome speech anxiety to deliver smoother speeches**
- **Gain confidence as a public speaker to increase your credibility**
- **Develop and maintain your poise during speeches to better engage with your audience**

Workshop Details

- **Instructor: Dr. Norma Jones, Communication Studies Faculty**
- **Online: Via Zoom**
- **Thursday, January 26, 2023, at 3:00 pm**
- **Thursday, February 23, 2023, at 3:00 pm**
- **Thursday, March 23, 2023, at 3:00 pm**
- **Thursday, April 20, 2023, at 3:00 pm**

Click the link to access Learning Center Workshops Zoom link & password:
<https://bit.ly/EnrollAVCOnlineLearningCenter>