

Tips to Help You Shake Your Nerves

September 7, 2011 by [Martha Newman, J.D., PCC, TopLawyerCoach, LLC](#)



6 Ways to Get Rid of Signs of Nervousness

Picture it.

You have a big presentation in a few days. You feel prepared, yet a little apprehensive about addressing a large group of people - including the Partners. You break out into a cold sweat just thinking about how you will handle your nervousness.

What should you do if things go awry?

How can you show the crowd that, despite your nerves, you are **NOT** a weak person?

Well, there are a couple things, actually. Here are a few of the most common signs of nervousness - and how to shake them.

1. Trembling hands.

Avoid the shakes by holding on to a prop like a clicker, pen, book, or a dry-erase marker. This will give your hands something to do. Do not put your hands in your

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pockets or grasp them in front of you as this will distract your audience. Also, do not walk on stage holding a coffee cup or bottle of water - it will make you look too casual.

2. Shaking legs.

The answer to this sign of nervousness is to wear loose-fitting pants. Really! Avoid wearing tight-fitting skirts or trousers that will accentuate the shaking. Be sure also to move around; get some circulation going to your legs.

3. Profuse sweating.

If you sweat excessively, keep your jacket on and make sure that you have a cotton handkerchief handy. Wipe your forehead discreetly - and often.

4. Dry mouth.

This is extremely common among public speakers. But, it's easy to fix - drink water. Don't feel self-conscious about pausing for a sip when needed.

5. Wavering voice.

If your voice is quivering, it's a problem with your breath. It's natural to hold your breath or breathe shallowly as a response to fear. To counter this effect, take deep, full abdominal breaths. This will help even out your voice and calm your nerves.

6. Blushing.

There are people who consistently go bright red onstage. If this happens to you - don't worry. Chances are that even if you're glowing, your audience won't notice a thing. Just take a deep breath and carry on.

Remember, if you don't suffer over your signs of nervousness, your audience won't either.

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