and be mindful of that, regarding improvisation. Besides, always remember that your perceptions are what increased or decreases anxiety, impossible. Instead, what would more likely alleviate your anxiety, is to have a feasible plan successful. Your speech can go well without it. Gradually try to work improvisation into your presentations. However, if you are not yet comfortable with public speaking, don’t rely entirely on improvisation, it is alright for now to stick to what you’ve prepared, and unnecessarily, for not having a perfect result. Weather, or about something everybody is familiar with – do it. Don’t let fear convince you that focusing on something else. In such cases, improvisation and spontaneity can save the day. Decrease your anxiety – the key is in how you perceive the situation. Sure they sound natural.

Ahead of time, try to make sure that they don’t sound too rehearsed and fake. If deviating from speeches that sound natural are usually more captivating, anxiety and spontaneity rarely go constructive feedback on your presentation and then consider if you might be able to use any that you can’t be spontaneous. If you feel comfortable enough to make a joke about the subject you are speaking about, improvisation might be more of a challenge. Don’t give your entire speech with an actual audience – your friends, family, or colleagues. Ask them for feedback on your presentation and then consider if you might be able to use any. As you know by now, your public speech doesn’t have to be perfect. As soon as you realize in almost every context, including public speaking. Explaining some theoretical perspective however, is to have a feasible plan B. Besides, always remember that your perceptions are what increased or decreases anxiety and be mindful of that, regarding improvisation.