

Taming Adrenaline

Surefire Strategies for Overcoming Speaking Anxiety

KEYNOTE PRESENTATION

Speaking anxiety holds many people back from applying for promotions, sharing their expertise, meeting new people, and taking advantage of opportunities in love, life, and career.

The good news is that this is a solvable problem.

With more than 1,500 stage presentations under her belt, author and keynote speaker Cara Hale Alter has first-hand experience with managing nervousness. She addresses the topic with warmth and humor, and along the way offers practical, real-world solutions for bringing speaking anxiety under control.

Ready for a personal breakthrough?

DISCOVER HOW TO

- Avoid the common “tells” of nervousness
- Reduce adrenaline levels in minutes with four physical behaviors
- Control your mindset so that fear doesn’t get the best of you
- Break the cycle of nervousness-feeding-nervousness
- “Train for the conditions” to assure future success

BIO FOR CARA HALE ALTER

As founder and president of SpeechSkills, Cara has provided training to some of the world’s best-known companies, including Allianz, Caterpillar, eBay, Gap Inc., Google, IDEO, and Williams-Sonoma. A guest lecturer at UC Berkeley, Harvard University, Stanford University, and UC Hastings College of Law, Cara has also worked with numerous top-100 law firms, including DLA Piper, Morgan Lewis, O’Melveny & Myers, and White & Case. She is a frequent media resource, with appearances in *Forbes.com*, *The Globe and Mail*, *USA Today*, and countless other media outlets. Her critically acclaimed book, *The Credibility Code: How to Project Confidence and Competence When It Matters Most*, brings the key concepts of her signature workshops to the printed page. Cara is a proud member of the National Association of Women Business Owners.