

# Speaking Without Fear



Anyone who feels nervous, uncomfortable or cut off from themselves or the listeners while speaking to a group will benefit from this work. It is also useful for experienced speakers who want to improve their contact with their audiences. The central goal of the 10-unit course is to reduce nervousness and increase effectiveness in presentations, meetings, social occasions, interviews and speeches. The method, based on Somatic Experiencing® trauma techniques, is to gently explore the nervous system's responses to the stress of communication and gradually replace uncomfortable patterns with more enjoyable and productive ways of speaking.



*"It was good to realize I am not alone with my problem, and that other people share the fear of speaking in front of a group. The solidarity in the group gave me freedom and courage."*

## 3 ideas gently strengthen speaking

### Clear connections create security.

Human connection is essential for our well-being and professional productivity. When we communicate we express who we are, we take our place in groups, we contribute ideas, and we receive confirmation of our presence. The first phase of the course explores the basic elements of connecting: presence, purpose, consciousness of the attention of others, and how to start, sustain and end contact. The emphasis is on experiencing the good things that communication brings to our lives.

### Distorted defenses block connections.

Speaking situations stimulate a wide variety of reactions from pleasure or triumph to self-judgment, feeling not heard, exposed, judged, rejected, disconnected, wanting to escape, numbness, panic, blackout, helplessness or aggression. These responses are often distortions of healthy self-defense. The goal of the second part of the course is to build a neutral awareness of these often uncomfortable reactions, using them to reveal each individual's needs for safety and comfort.

### Safe experiences open new channels.

Practice in front of the group softens stress responses and builds new patterns based on positive experiences of purpose, comfort and connection. The group works with body positions and relaxation techniques, and also learns how to shape messages so both audience and speaker can be comfortable even when there is disagreement. Exploring nervousness in safety builds self-knowledge that leads to confidence and creates space for new, positive communication.

### Course Information

Courses are scheduled to fit the group's availability once 5 to 8 people have signed up. There are three price levels:

CHF 1100 for students/low-income  
CHF 1400 for medium income  
CHF 1700 for high income/business.

The price includes ten 3-hour group sessions and 3 individual sessions. 3-hour demonstration classes are offered as needed for CHF 100. Please sign up on the website to get on the list for the next course in Zurich or Geneva.

### The Group Advantage

One-on-one therapy or coaching is limited to working with the memories of past speaking experiences, which have already been processed through the existing stress patterns. In Speaking Without Fear groups of 5-8 participants role-play the elements of speaking situations in carefully structured live exercises, allowing participants to work safely with fresh material. Zurich groups are taught in English and/or German. Geneva groups are taught in English with the option of presenting in French.

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