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## **Leadership Development Initiative (LDI) Curriculum**

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# **Media Tip: Identifying and Combatting Anxiety when Speaking**

**Media Tip – Identifying and Combatting Anxiety when Speaking**  
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**Originally Presented by [Ron Cameron-Lewis](#)**

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## Overview

Being able to communicate fluidly and spontaneously is a skill seen in great leaders. The course emphasizes opportunities to practice and develop these kinds of skills to gain mastery and comfort. This group session focuses on a practical exercise designed to prepare interviewees (participants) for spontaneous questions on video camera.

The Interviewer asks an interviewee a surprise question, and gives 30 seconds for the answer.

“I am a person...” with one of the following examples:

Who likes to...

Who always wanted to...

Who wonders why...

Who doesn't understand...

Who would like to visit...

Observers are asked to note how anxiety may manifest itself on people being interviewed: did it show in the face, voice or body language?

## Objectives

After this presentation, participants will be able to:

1. Appreciate the challenge of completing a thought fluently and continuously for 30 seconds without any prior idea of the topic.
2. Identify their own anxiety and how it affects different people in different ways.

## Important Teaching Points

- It is useful to practice how to communicate fluidly in unpredictable conditions
- Develop a sense of 30 seconds; there may be more or less time to respond, but targeting a time and matching it is a skill worth practicing
- You may have only one chance, so "getting the message right" the first time, is something that requires practice

## Resources / References

1. Cameron, Ron. (1999). *Acting Skills for Life* (3rd ed.). Toronto, ON: Dundurn Press.