The Challenge of Vulnerability

Overcome the Fear of Public Speaking (and so much else)

with Krista Trofka ©2019
WHAT IS THE #1 FEAR IN AMERICA?
WHAT IS THE #1 FEAR IN AMERICA?

Public Speaking
WHAT IS THE #2 FEAR IN AMERICA?
WHAT IS THE #2 FEAR IN AMERICA?

Death
YOU'D RATHER BE IN THE CASKET THAN GIVING EULOGY
THE LIST OF THINGS I'M AFRAID OF:

- Heights
- Networking Events
- Tight Spaces
- Pedestrians
- Hospitals
- Being Cold
- Oversleeping
- Drowning
- Being Late
- Looking Stupid
- Dancing in Public
- Jail
- Hospitals
- Death (OMFG)
- Your Death
- Everyone Else’s Death
- Embarrassment
- Loneliness
- Exhaustion
- Electrical Things
- Diving Boards
- Rollercoasters
- Snakes!
- Boredom
- Rejection
- Failure
- Being Annoying
- Not Knowing the Answer
- Being Unlikely
- Public Speaking
THE OBSTACLE IS THE WAY
The Ancient Art of Turning Adversity to Advantage
RYAN HOLIDAY
What is a time that you were Courageous?
Did it require **Vulnerability**?
Courage
Courage

Vulnerability
Courage

Vulnerability

anxiety
GIVE YOU SOME TOOLS TO MANAGE ANXIETY
The Science of FEAR
Why fear something that can’t kill me?
**Parasympathetic Nerves**  
"Rest and digest"
- Constrict pupils
- Stimulate saliva
- Slow heartbeat
- Constrict airways
- Stimulate activity of stomach
- Inhibit release of glucose; stimulate gallbladder
- Stimulate activity of intestines
- Contract bladder

**Sympathetic Nerves**  
"Fight or flight"
- Dilate pupils
- Inhibit salivation
- Increase heartbeat
- Relax airways
- Inhibit activity of stomach
- Stimulate release of glucose; inhibit gallbladder
- Inhibit activity of intestines
- Secrete epinephrine and norepinephrine
- Relax bladder
hormones

CORTISOL
Strategies to manage anxiety under stress
sleep
3. BE LIKE BEYONCE AND POWER POSE
SHAKE OFF YOUR NERVES
Crosstrain your brain
practice
SO FAR YOU’VE SURVIVED 100% OF YOUR WORST DAYS
keep going
Foolproof strategy to improve your next public speaking performance
WHAT % OF COMMUNICATION IS NONVERBAL?
WHAT % OF COMMUNICATION IS NONVERBAL?

93%
ACTIVITY:
MIMICRY IS THE SINCEREST FORM OF FLATTERY
WHAT YOU SAY < HOW YOU SAY IT
ALWAYS DO WHAT YOU’RE AFRAID TO DO.

ralph waldo emerson
#30DaysOfVulnerability

All courageous acts begin with the willingness to be vulnerable.

Step 1: COMMIT.

Step 2: ACT.

Step 3: SHARE.

Follow my journey! Krista Trofka
People naturally like and trust people who make eye contact.
Scientifically, they will smile back.
Breathe.

If you don’t, you die.

Enough said?
relax your shoulders

This position will make you breathe better and appear more confident.
It feels really awkward, but it looks natural. I promise.
hand gestures

Help your audience follow your message.
Move

Don’t pace, but give your body someplace to put the nervousness.