

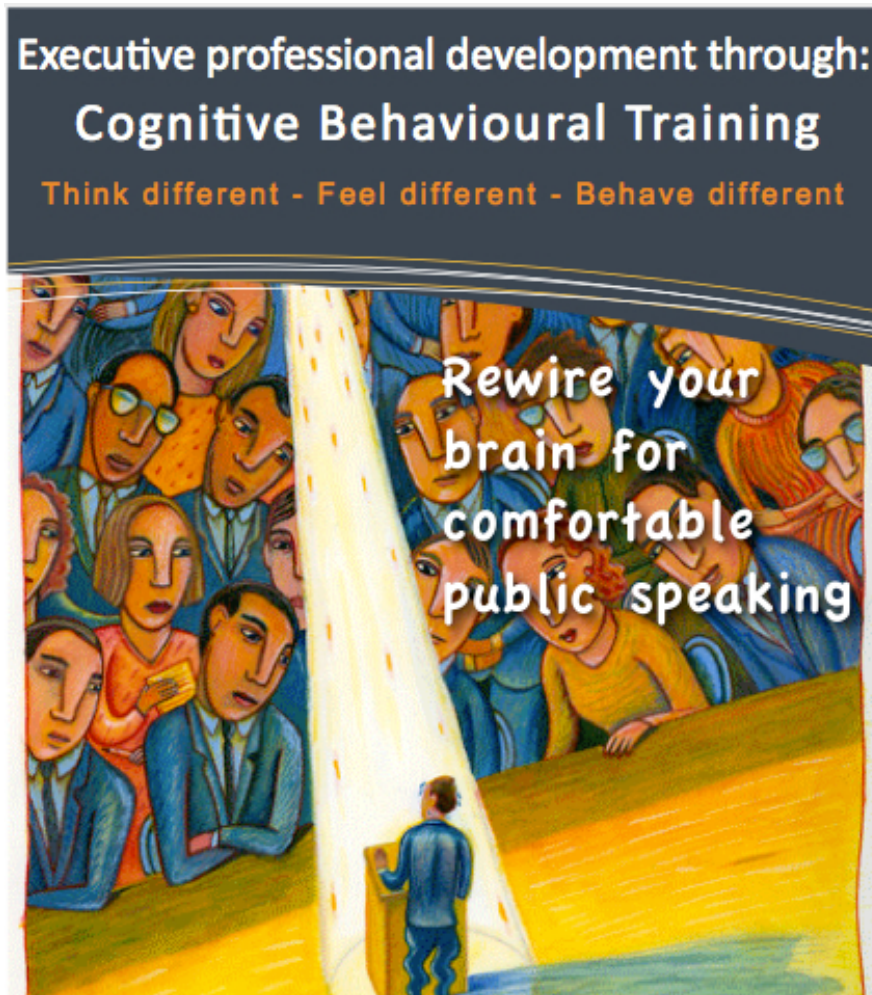
(CBT) Cognitive Science Workplace Training Ireland - HR iNfoNewsletter

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The Cognitive Science of Public Speaking

How many of your executive team are very comfortable with public speaking? Here's a number - 16%!

Statistics say 74% of us have 'public speaking anxiety or phobia' - which means that it's the norm, not a disorder. It would be an outlier disorder if you DIDN'T have it, in fact, (either low, moderate, or high - depending on your experiences and your nervous system). But - we humans can adapt and literally rewire our brains through 'learning and doing'.

My CogSci half day experiential workshop is fast and efficient 'learning *by discovery*' to teach engaged

everything from interviews to meetings to public speaking. [NEWSLETTER](#)

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