

GET THE JOB

Get Over the Fear of Public Speaking

If public speaking gives you a sense of fear or anxiety, a job interview can be a crippling experience.

When you're in a meeting with a hiring manager, it's your chance to impress them by composing yourself with confidence.

When you constantly doubt yourself during the experience, the employer will likely pass for more comfortable candidates.

If you feel like your fear of public speaking is holding you back during a job search, consider these tips to relax and, in turn, learn valuable career skills.

UNDERSTAND THAT NERVOUSNESS IS NORMAL

Even if you feel confident in your skills and abilities, it's common for your nerves to build before an interview. Use the emotions to fuel the adrenaline and excitement for the opportunity. It's essential to prepare yourself for the meeting by rehearsing answers to common questions that will



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likely be asked and plan to highlight your strengths.

WATCH FOR FEEDBACK

Whether you're speaking to a hiring manager or a group of potential peers, they will reveal body language based on your demeanor. You should know how to adjust your interviewing technique based on the audience.

Because of this, it's ideal to prepare several ways to navigate through the process.

While practicing your strategy, allow flexibility for both straightforward answers and a more laid-back approach regarding your qualifications.

SHOW YOUR PERSONALITY

It's easy to practice for an interview with canned answers at a rapid cadence. However, this can show a hiring manager that you lose composure during a stressful situation. Relax and showcase

your best qualities in a calm and confident demeanor.

Once your real personality shines through, the interviewer can determine how your traits will fit in and add value to the workplace.

RESEARCH A HIRING MANAGER

Before your interview, try to find out more about the manager you will be meeting with to discuss a position. By analyzing their professional

social media accounts, it can provide a sense of comfort as you sit down together.

When you find an understanding of their career goals and expectations, the experience is more comfortable than sitting down with a stranger and hoping your aspirations are like-minded. If you can't find information on a specific hiring manager, just research the company in general to get an idea of their vision.

ANALYZE YOURSELF

Since you may find yourself completing numerous job interviews before receiving an offer, it's crucial to analyze how you handled the meeting. Without distracting yourself from the task at hand, watch for instances where you hesitate or stumble on words during an interview. Also, wait for the hiring manager's reaction when you discuss your credentials or work history. If they appear unimpressed or turned off by an answer, determine how you can provide a better response next time.

Self-criticism can be an incredible benefit as you attempt to improve your confidence during public speaking. While it's important to avoid allowing a rejection to discourage your efforts, a denial can show you how to adjust during upcoming opportunities.

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HOT JOB PROFILE

INSURANCE SALES AGENTS

Number of jobs in 2018: 475,900

Job outlook, 2018-28: 10% (faster than average)

Employment change, 2018-28: 48,300

The role: Insurance sales agents contact potential customers and sell one or more types of insurance.

Education required: Although most employers only

require agents to have a high school diploma, many agents have a bachelor's degree. Agents must be licensed in the states where they work.

The need: Many clients do their own research and purchase insurance online. However, agents will still be needed to help clients understand their options and choose a policy that is right for them.

Source: U.S. Bureau of Labor Statistics

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