



Erasmus Program - 2020-1-PT01-KA202-078436,
Virtual Reality Simulator Against Public Speaking Phobia
Action: Strategic Partnerships for vocational education and training
(KA202) Call for proposals: 2020

PARTICIPANTS ORGANIZATIONS:

ACSS
IIAPHS
Psihoforworld
YEC

Thanos Paraschos - YEC
Madeira, Portugal - 30.10.2020

- ➊ Stress in Public Speaking
- ➋ Methodology & Findings
- ➌ The ABC Model
- ➍ Practical Relief Methods
- ➎ Virtual Reality and Public Speaking





STRESS IN PUBLIC SPEAKING



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What is stress?

- The emotional and physical strain caused by our response to pressure from the outside world.
- It gives life some excitement. But, it may harm your health.



What's more?

Physical symptoms

- Dry mouth
- Pounding heart
- Difficulty breathing


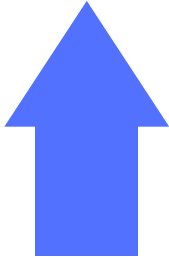
Mental symptoms

- Tension
- Irritability
- Inability to concentrate



How Does Stress Affect The Body?

Benefits

- Blood flow to your brain and muscles 
- Breathe faster → Oxygen to your muscles 
- Sudden stress → Burst of exceptional strength



Hurt to body.

Stress can:

- Danger of **heart attacks** 
- Cause digestive upsets, headaches, and back pain
- Immune system  → get diseases



What Causes Stress?

→ The better situation can also cause stress.

Examples

- Death of a spouse
- Pregnancy
- Buying a house
- Christmas
- Public speaking



LET'S FOCUS ON



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WHY?



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a common source of stress for everyone



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must have a chance
to speak in public



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The cause of stress in public speaking

- 1. Perfect performance**
- 2. Include lots of information**
- 3. Focus on performance rather than benefit**
- 4. Notice the nervous thing and force to calm down**
- 5. Lack of self-confidence and practice**
- 6. Always consider to persuade**



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METHODOLOGY AND FINDINGS



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METHODOLOGY COMES FIRST!



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Type of research method

Descriptive research

- Secondary data
- Focus group
- Personal interview

Constructive research

- Online survey



The research flow:

Design the
research
question
(objective)

Descriptive
research

Constructive
research

Application
of model to
the data



Descriptive Research

Secondary data

- Sources of recognition of the principle model – **ABC model**
- Provide Direction of the question setting in the online survey



Descriptive Research

Focus group

- A group of people discussing the stress in public speaking with a director
- Clear understanding of the situation



Descriptive Research

Personal interview

- 1 to 1 interview
- More detail information is received by open question



Conclusive Research Survey

- Objective:
To know the situation and collect the opinion about public speaking
- No sampling stage!
- Can obtain data for analysis



THAT'S IT!

BUT...



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HOW ARE YOUR FINDINGS?



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Online survey

Topic: Stress management in public speaking

Aim: To know the situation and collect the opinion about public speaking

Participants: Over 100 participants

Reference: <http://www.my3q.com/home2/273/eastwords/22105.phtml>



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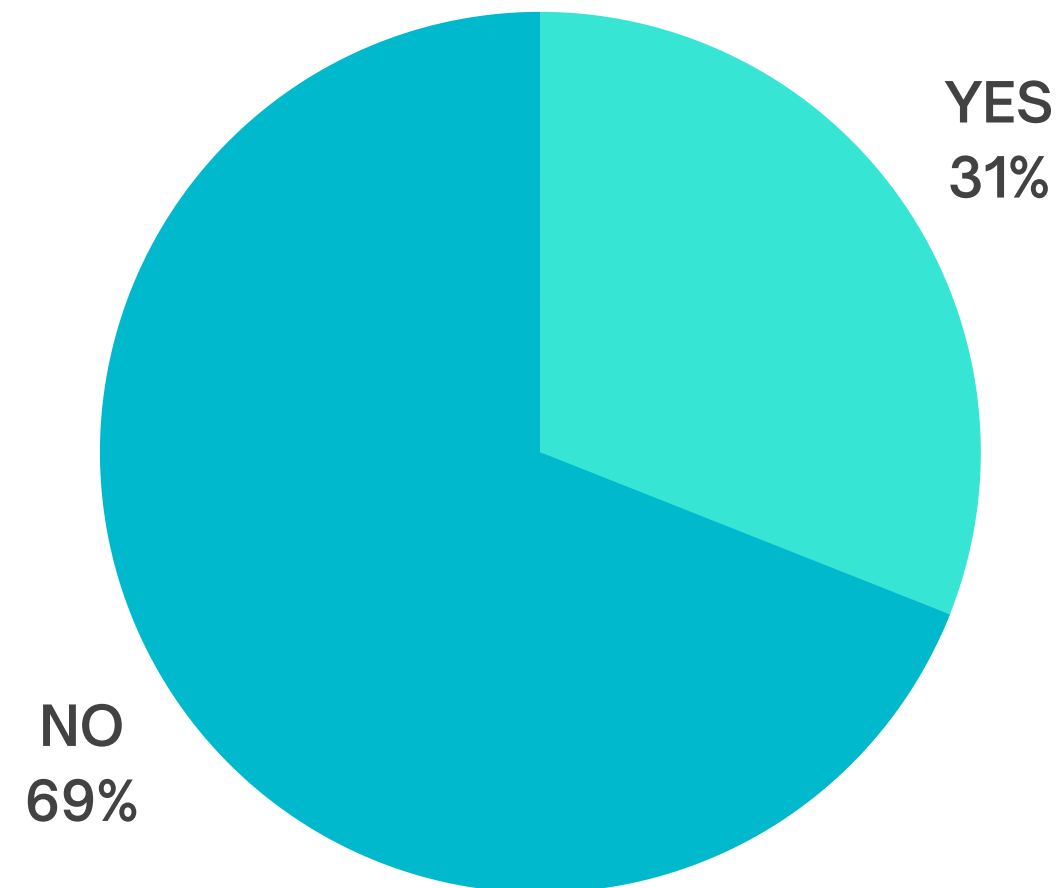
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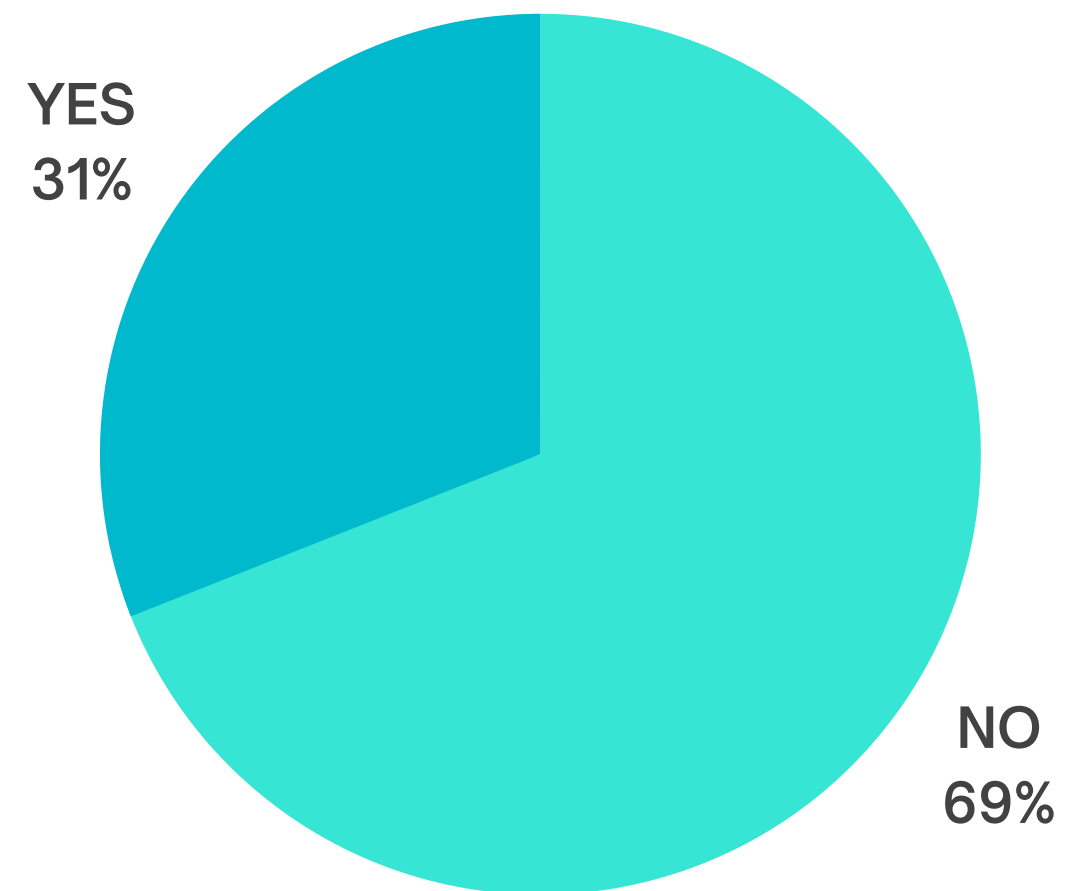
Do you enjoy public speaking?



→ Most of people do not enjoy public speaking.



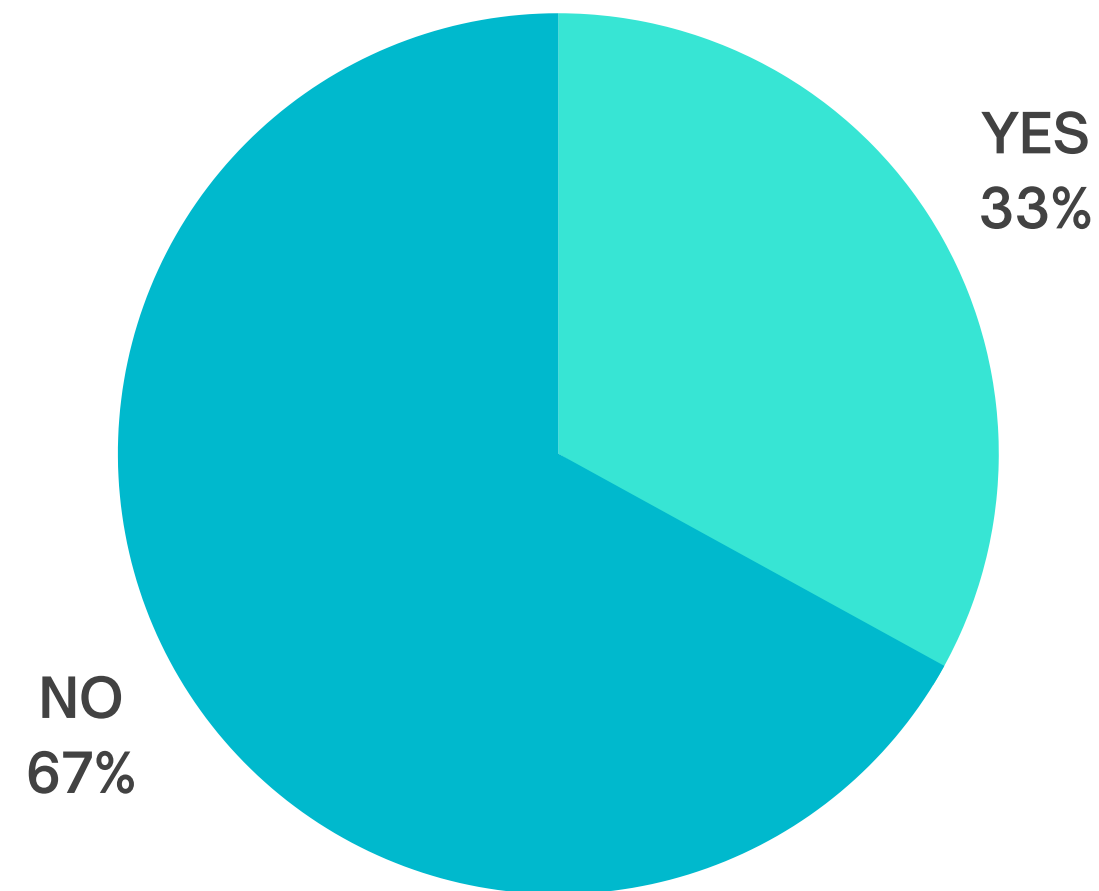
Would you prefer to avoid public speaking whenever it is possible?



→ A lot people feel afraid public speaking.



Do you think you are able to deal effectively with the stress related to public speaking?



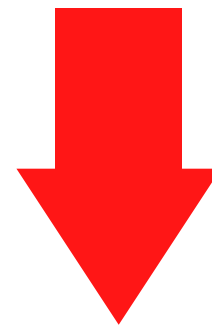
→ It makes people speak incoherently in public speaking.



Analysis:

The Belief

I can't deal effectively with the stress related to public speaking.



B causes C

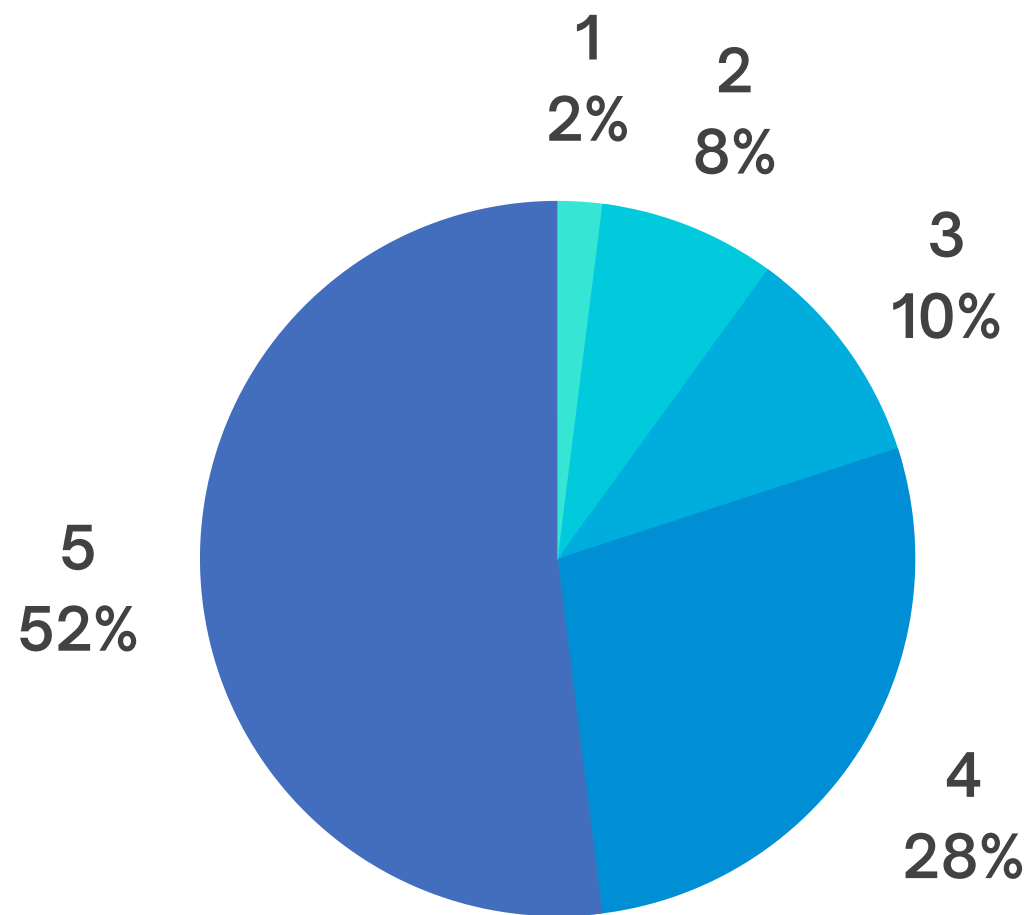
The Consequent Emotion

Anxiety and nervous

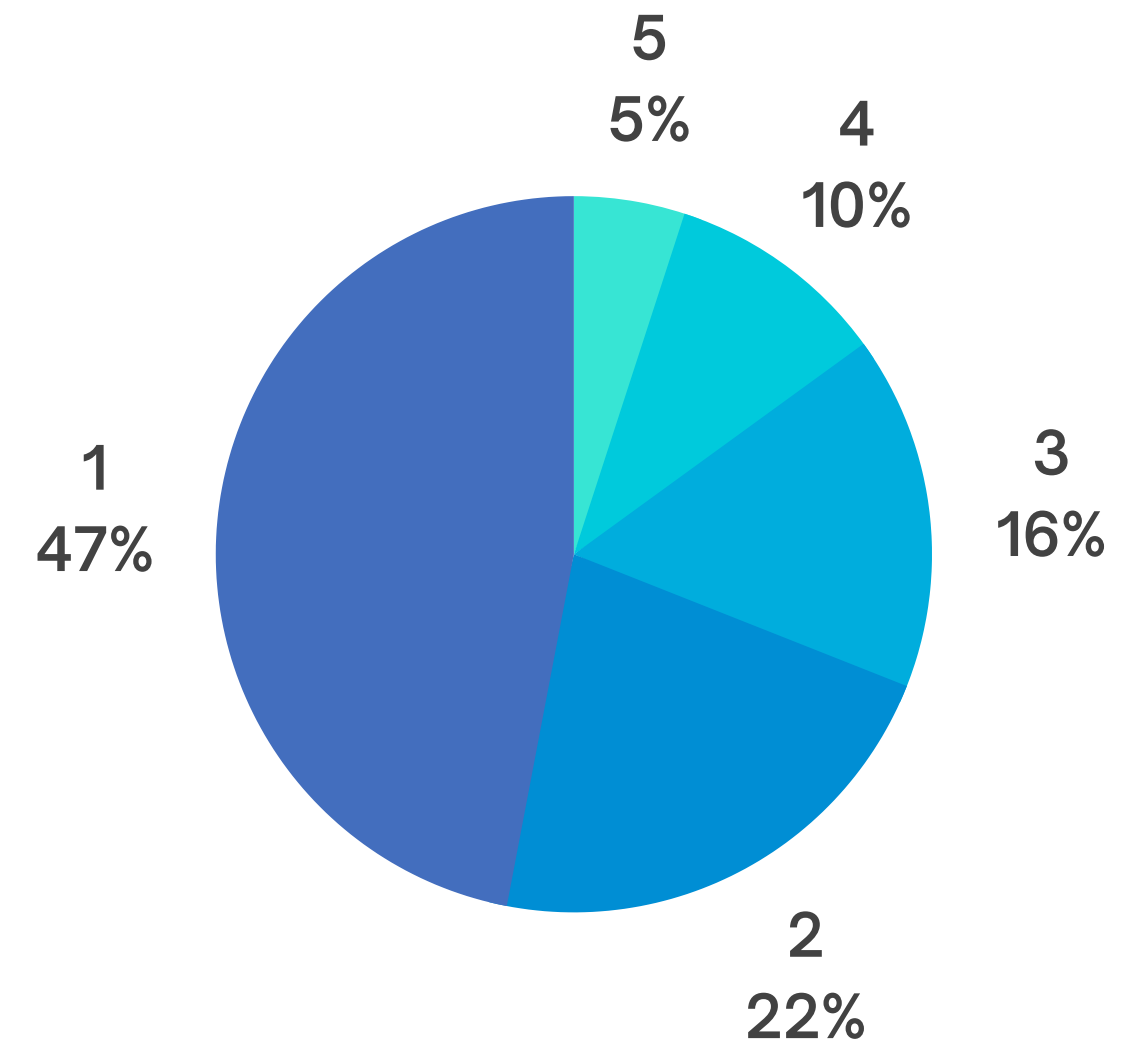


Assume you need to do public speaking in a foreseeable time, you believe your stress level in the period below is: (5: extremely high, 1: extremely low)

at that day, before public speaking



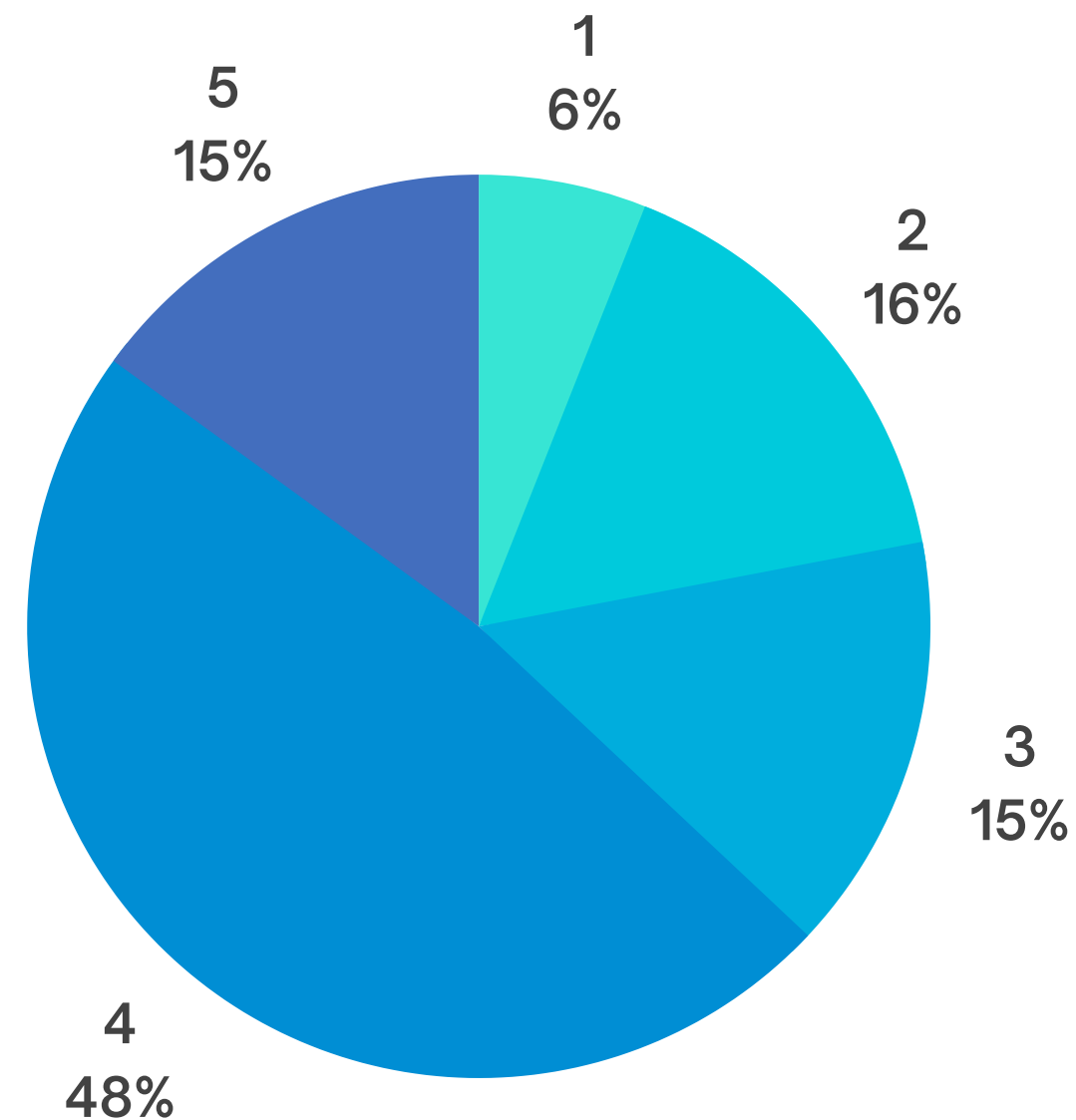
at that day, after public speaking



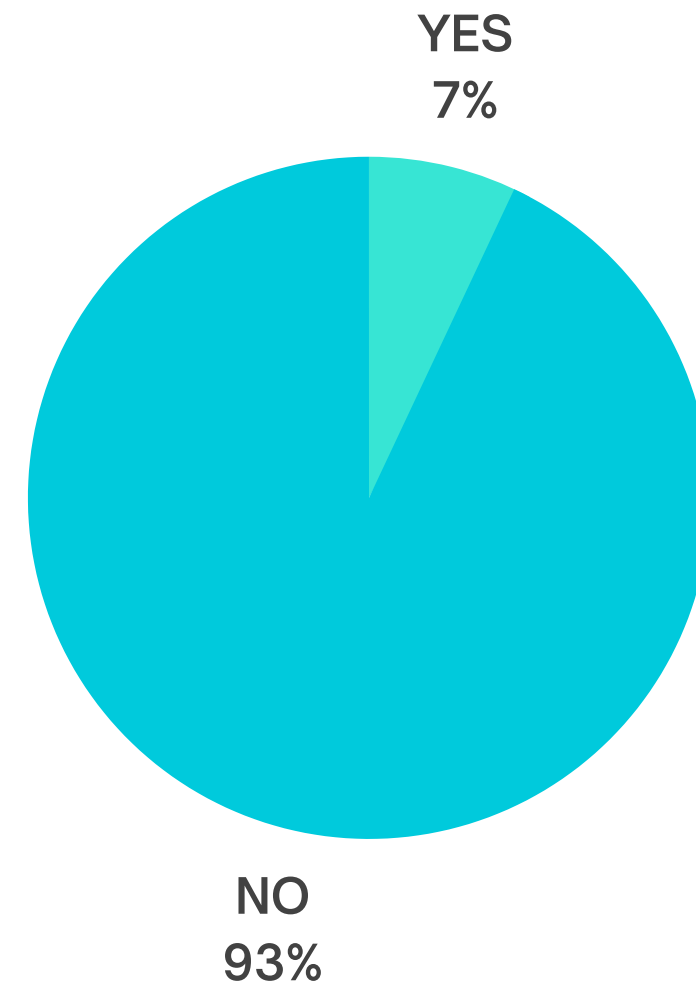
→ A lot of people feel the most stressful at that day, before public speaking.



You believe the unpleasant feeling in public speaking comes from stress (5: strongly agree, 1: strongly disagree)



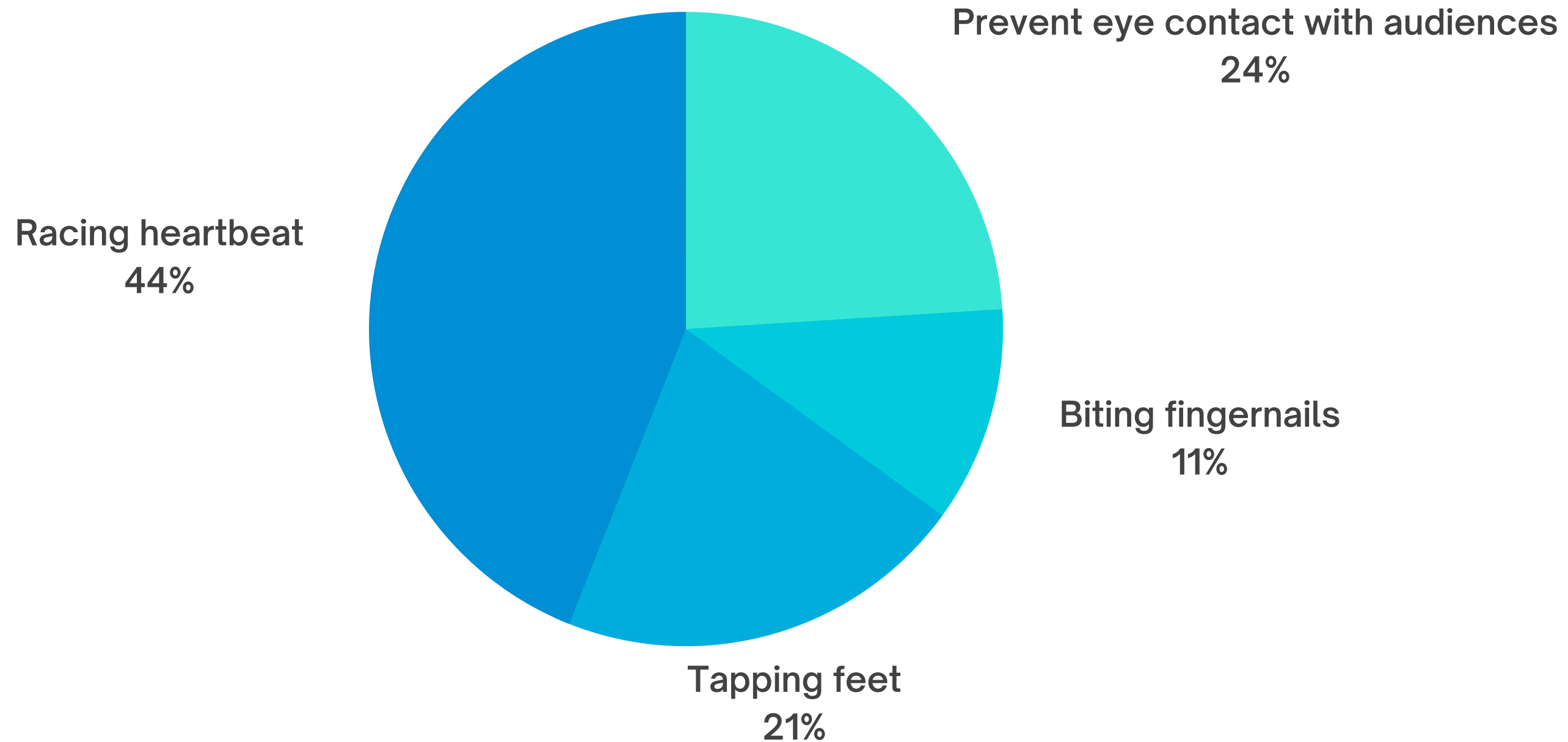
Do you have any little gestures in the public speaking?



→ They can express their meaning to catch the audience's attention, and even enhance their confidence.



The best relief method for public speaking

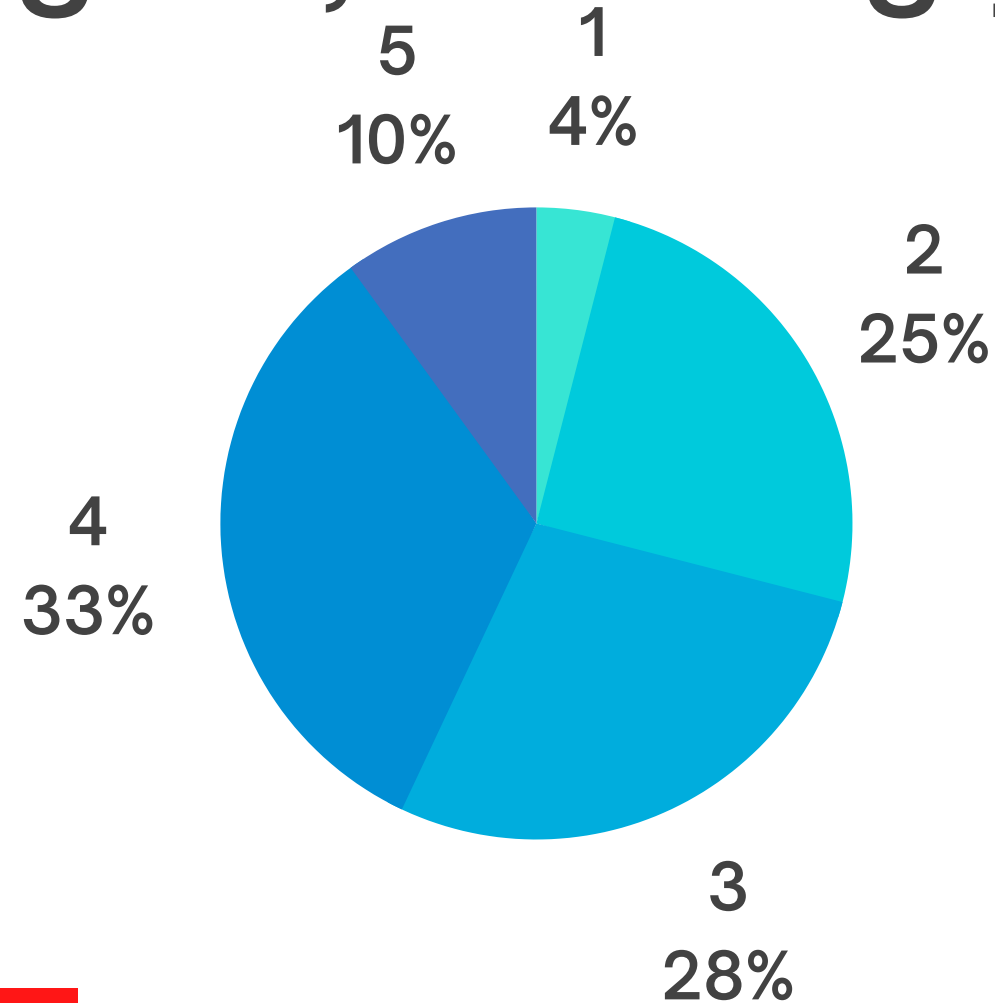


→ It shows our body reacts to the effects of stress.



You are a successful speaker as you handle the pressure very well

(5: strongly agree, 1: strongly disagree)

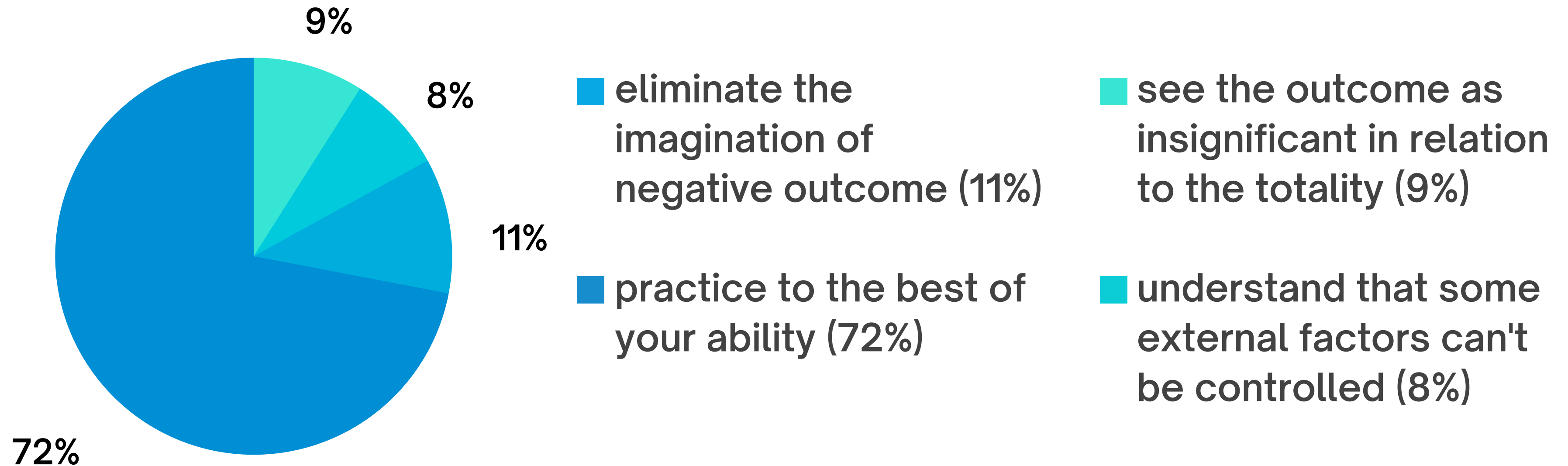


Stress  = Public Speaking 



How to cope with stress

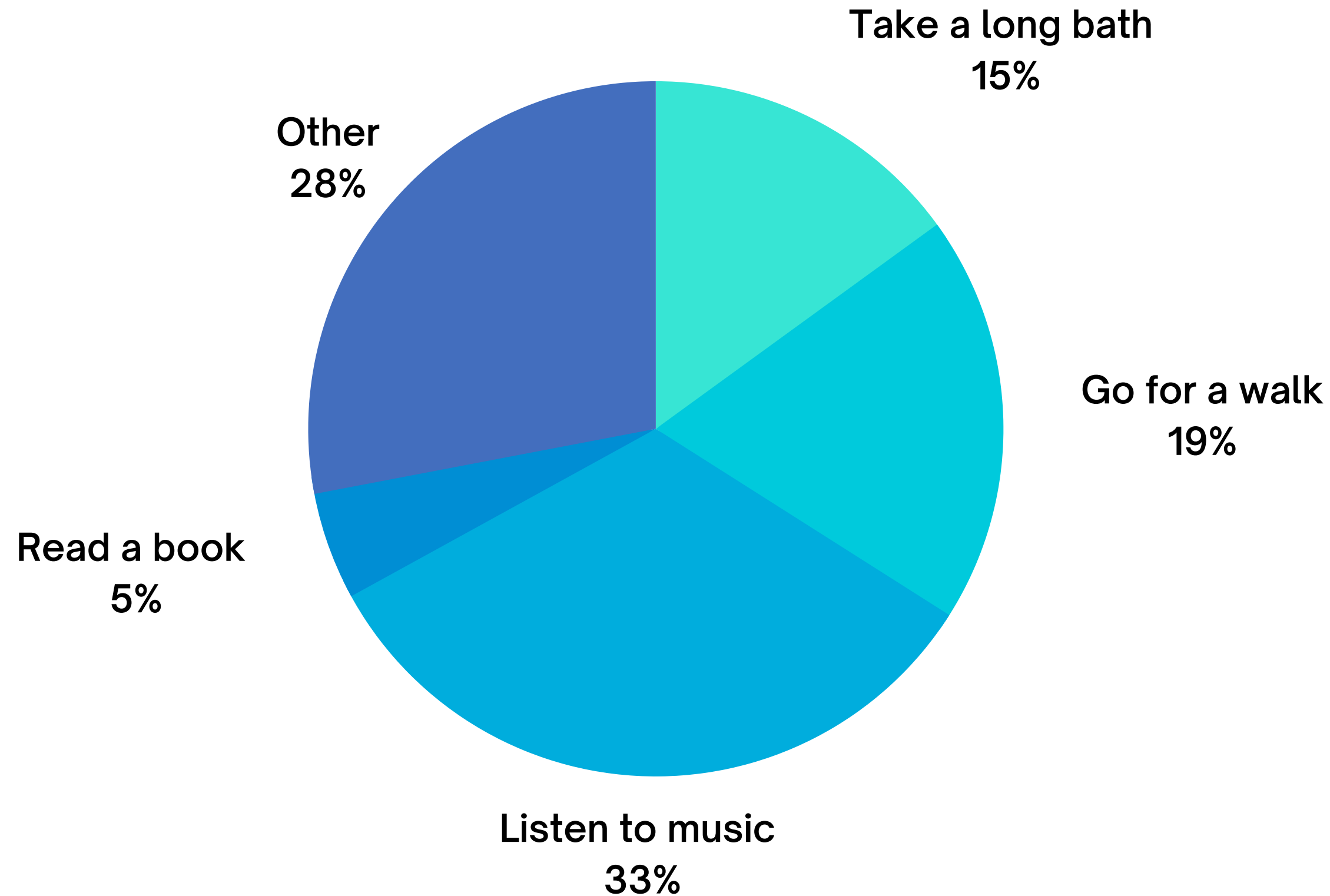
The best relief method for public speaking



→ Most of participants (72%) practice to the best of their ability.



How to cope with stress





THE ABC MODEL



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Do you still remember ...



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performing under that stress?



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You are not alone!

94% of us get public-speaking anxiety!



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Let's talk about The ABC model...



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The ABC model...

is a framework that assumes your beliefs about a specific event affect how you react to that event.

It is a basic CBT (Cognitive Behavioral Therapy) technique, used in psychotherapy, to help you challenge irrational thoughts and cognitive distortions. This allows you to **restructure** these beliefs and adapt a healthier response.



How it works



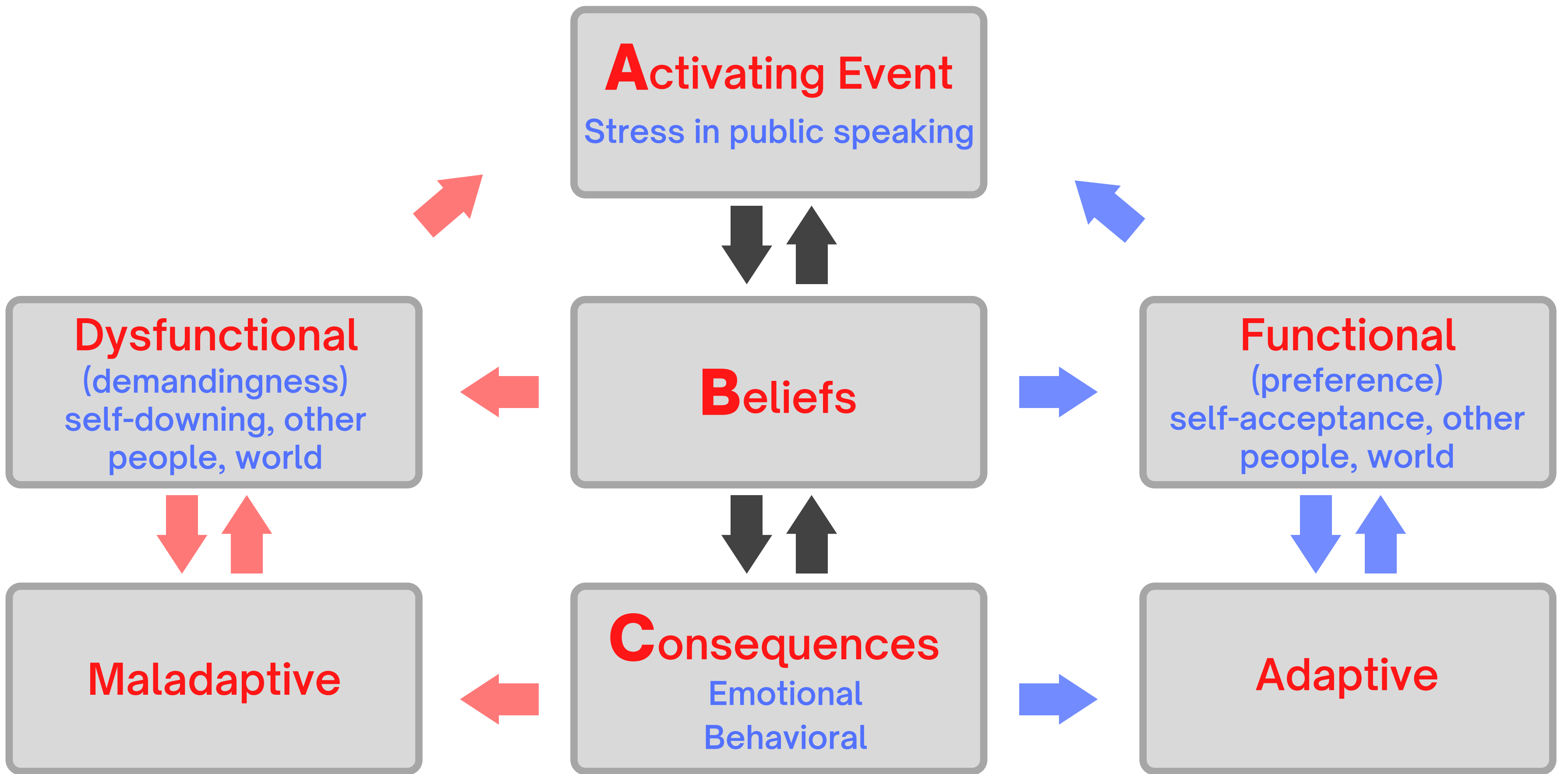
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It is assumed that **B** links **A** and **C**.
Additionally, **B** is considered to be the most important component. That's because by changing beliefs (**B**) you are able to create more positive consequences (**C**).





PRACTICAL RELIEF METHODS



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→ Remember that

mistakes are okey

to eliminate the imagination of negative
possibilities.



→ Remember that

some things are

out of control!



Remember

not to judge what just happened or will happen

not to second-guess any audiences' reaction



→ Know your audience

- The audience may be more **scared** than you!
- You have **knowledge** the audience wants.
- They want you to **succeed**.



→ **The core is the speaker**

Figure out what scares you.

Investigate your fear by making a list of the specific things that make you feel anxious or afraid. Then make a corresponding list of ways you can cope with or address these fears.



→ **Practice. Practice. PRACTICE.**

Formal practice before a speaking event will help you feel more confident about what you are going to say and how you will say it.

But informal practice in social situations will also help you conquer some of your speaking anxiety and fears.





Visualize success

Picture yourself succeeding and having fun.
Close your eyes and do a mental rehearsal of your speech once or twice before you deliver it.



→ **Play with the worst scenario**

What is the worst thing that could happen?

What will you do if that does happen?

Often, even the worst possible situation is not as bad as you think!





VIRTUAL REALITY AND PUBLIC SPEAKING



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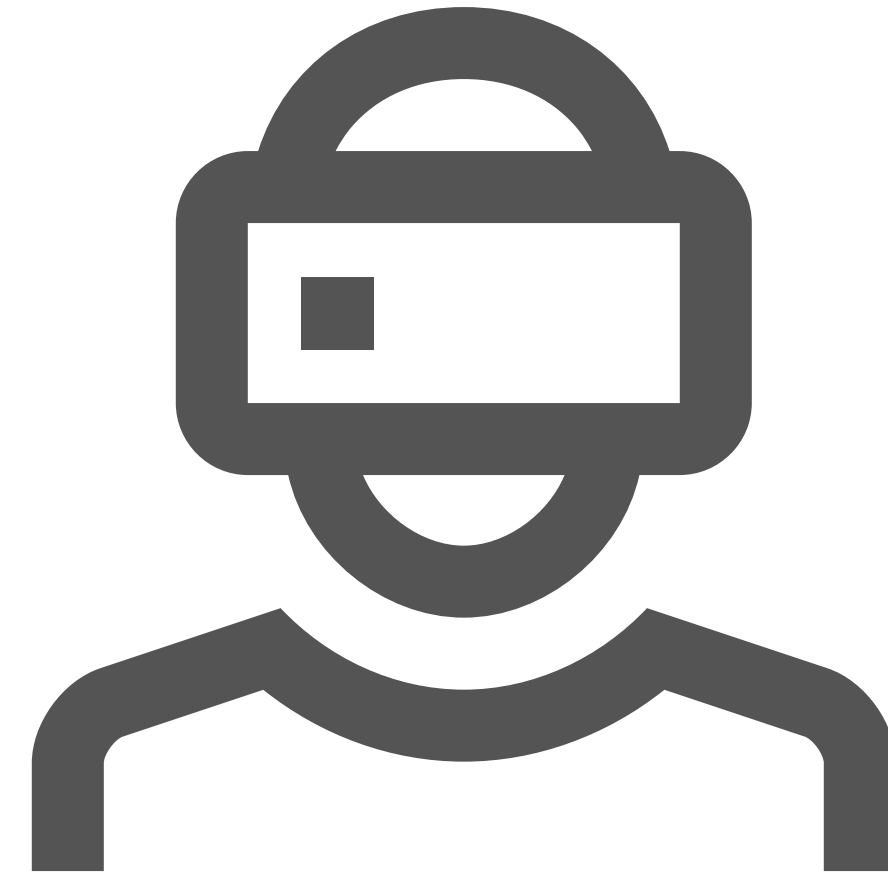
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VR is an emerging new technology that came to make our lives easier!



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But how VR can help to overcome public speaking phobia?



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VR gives you a realistic environment to **practice
your public speaking in.**

**You can put on your VR headset and choose to practice in
front of a photo-realistic audience or a reactive audience of
avatars.**





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Virtual reality works by **tricking the brain** into thinking what we see in the virtual world is in fact real.



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This can improve your public speaking skills, as you can **practice as many times as you want** in a safe environment, instead of a real audience.



When it is time to speak in public for real,
you will be ready for it!



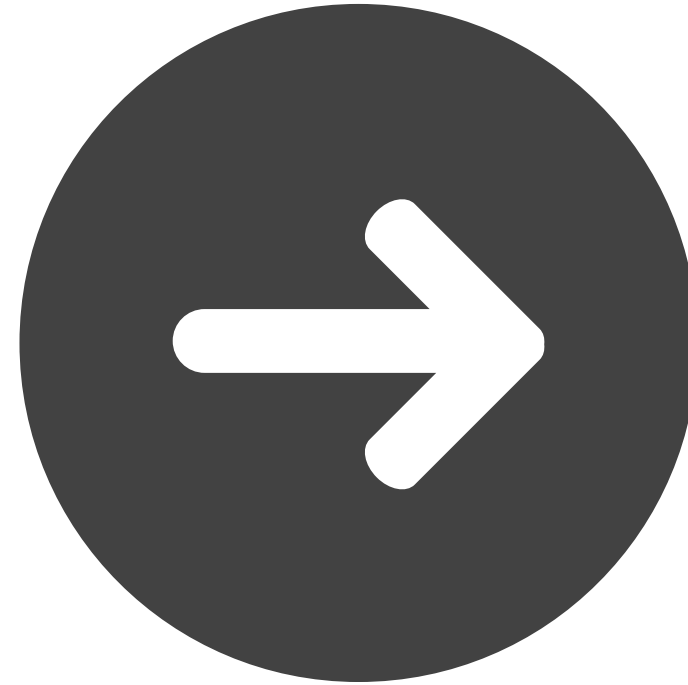
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CONCLUSION



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- ➊ **Stress in Public Speaking**
- ➋ **Methodology & Findings**
- ➌ **The ABC Model**
- ➍ **Practical Relief Methods**
- ➎ **Virtual Reality and Public Speaking**



