



# REFLECTIVE ESSAY

Public speaking has always been a daunting task for me. As an introverted person, I tend to shy away from large crowds and prefer to keep to myself. However, in my professional life, I have had to face my fear of public speaking and learn to communicate effectively with others. In this reflective essay, I will discuss my experience with public speaking, the challenges I faced, and the lessons I learned.

My first experience with public speaking was in college when I was asked to give a presentation in front of my class. I remember feeling nervous and anxious, worrying about forgetting my lines and making a fool of myself. However, as I practiced my presentation and received feedback from my classmates, I began to feel more confident in my ability to communicate effectively. This experience taught me the importance of preparation and practice in public speaking, and I realized that the more I practiced, the more comfortable I became.

As I entered the workforce, I was required to give presentations to colleagues, clients, and stakeholders. This was a challenging experience for me as I had to speak in front of people who held different levels of expertise and had different expectations. I found it difficult to strike a balance between presenting technical information and keeping my audience engaged.

However, I learned that the key to effective communication is to know your audience and tailor your message to their needs. By doing so, I was able to gain their trust and establish myself as a credible source of information.

Another challenge I faced was managing my nerves and anxiety during public speaking. I found that deep breathing exercises and visualization techniques helped me to calm my nerves and focus on the task at hand. I also learned to embrace my nervous energy and channel it into positive energy, which helped me to connect with my audience and convey my message with confidence.

In conclusion, my experience with public speaking has been a journey of self-discovery and growth. Through trial and error, I have learned that effective communication is a skill that can be honed through practice and preparation. I have also learned the importance of knowing your audience, managing nerves and anxiety, and embracing your unique style of communication. While public speaking may still be a challenge for me, I now feel more equipped to handle it and look forward to the opportunities it presents for personal and professional growth.

# Essay On Reflection Paper About The Notebook

**G Psacharopoulos**



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