Fear of public speaking

**Causes**
- Perfectionism
- Introvert vs extrovert
- Lack of confidence
- Knowledge of topic
- Technological challenges
- Group size

**Phobias**
- Self-esteem

**Cures**
- CBT
- Prevention
- Training + practice
  - Rehearsal

**Physical reactions**
- Voice strength
- Shaking
- Sweating
- Avoiding eye contact

"Feel the fear and do it anyway"