

# How to deal with Presentation Anxiety

V I G K K Q O O Y U M Q W R W U I S A R V L H X  
N K M G X B T J T J S L B K G U B L C Q X C D T  
O V T F J V B V E L I U V V A U G E X R R V I O  
A B J C C B B I I V O R A F W V H G Z Z T J O W  
J T Y A P A R I X V C O N F I D E N C E U S K U  
O Q O I R J W N N Q L X M I Q T E K W H K H W L  
E N T H A Y T U A R R E C C P R A Y I H R X G L  
E N P Z C U R B K G G I X L V I Y H S I E P B O  
V R H R T B Z P W R M D A O R Y Z U M C S X N T  
X I A O I E L L C E Q N U R J T R J J X W O I L  
P W D P C H M U H A O S L V H Q W O Q K I U Y N  
I S V V E G O T M Q P L J V G U T E O T U P L Y  
H P J O N R A V N L D R Q E N M V K A Z L Q L H  
C E O F E E P D Z K N W O L S U Y Z R B O G W L  
W A C K R S N D C A V M T F G Q I P Z J K A D G  
H K T B D U B L X N L Z A J E N F K L F E K L G  
C I T A Z A K O V U E W Z Q A S N S L S U C O F  
N N A O Z Z L M G F E O E G Y U S X B I G V M Y  
Y G U G Q L P E O C O V R K D H B I H N X W M U  
B A E L X A O K D A Y O S F W Y E C O C V E R L  
Z X P H E S K Q K F W D S H M K G Q Q N S K A A  
F L G B B L F K M G K A U P W W S P C L A O D F  
C K F P R E S E N T A T I O N C V W R M A L M X  
J T A G A A V W K Q Y T W S Y F D Y N G R H H B

presentation

organization

professional

confidence

speaking

practice

prepare

nervous

anxiety

breathe

focus

plan