

Communication skills for entrepreneur

Glossophobia Symptoms

- Intense anxiety prior to, or simply at the thought of having to verbally communicate with any group,
- Avoidance of events which focus the group's attention on individuals in attendance,
- Physical distress, nausea, or feelings of panic in such circumstances.

Symptoms of speech anxiety : physical, verbal, and non-verbal

Physical symptoms include

- acute hearing,
- increased heart rate,
- increased blood pressure,
- increased perspiration,
- increased oxygen intake,
- stiffening of neck/upper back muscles
- dry mouth

The verbal symptoms

- Tense voice,
- A quivering (Shaking) voice, and
- Repetition of “Umms” and “Ahhs”

Misconceptions About Communication

- 1. Meanings are in words:**
- 2. Communication is verbal process**
- 3. Telling is Communicating**
- 4. Communication will solve all our problems**
- 5. Communication is a good thing**
- 6. The more communication the better**
- 7. Communication can break down**
- 8. Communication is a natural ability**