

## A New Way to Give a Speech

Shar McBee, bestselling author of two books on leadership, has a simple formula to make public speaking painless.

Do you worry about choking when the microphone is handed to you? Do you agonize when you have to introduce yourself to a group? When you are called on to stand up in a meeting, does it make you unhappy?

McBee says, "It's not a coincidence that we use the phrase, '*Giving* a speech.' If you want to be happy, be giving. Instead of worrying about what people are thinking of you, ask yourself, 'What can I give?' It repels fear and frees your communication to come from the heart."

In her book, *Joy of Leadership – The Only Secret to Your Success as a New Leader*, Shar McBee admits that sometimes she's forgotten her own good advice.

"I was speaking to a banquet hall full of people when suddenly I panicked. A wave of doubt engulfed me. I thought, 'How can I inspire *them*?'"

"As I began to falter, Bill, the man who had hired me to speak, looked worried.

"Then, almost miraculously, I remembered, 'If you want to be happy, be giving.' Couldn't I just share what I've learned? Fear evaporated as I began to focus on giving to the audience. It no longer felt like I was standing before experts who were judging me. I could see their faces, look into their eyes, and share from my heart.

"Bill relaxed. I did, too!"

McBee, a consultant who is known for leadership advice that doesn't cost money or extra time to implement, points out, "The situation became comfortable when I stopped worrying, 'What are they thinking of *me*?' and started asking, 'What can I offer *them*?'"

Today she speaks nationwide, saying, "Everything changed when I made that small shift in attitude, away from 'How can I get them to like me?' to 'What can I give?' Test it for yourself," McBee challenges, "You'll be happier when you remember to '*give*' your next speech."

Shar McBee offers free, simple leadership pointers like "How to Delegate" on her website: [www.JoyofLeadership.com](http://www.JoyofLeadership.com).