



## Episode 65 : **We All Have A Stage We'd Like To Be On**

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**Meet phenomenal host, Fiona Cutts, and join her on the magical journey and hear how she changed from being paralysed by shyness to shining with exuberance as an international facilitator, empowering others to create a greater life than they ever thought possible.**

In this episode, Fiona has a conversation with Eddie Rice, speech writer, public speaking coach, and author who used to be quite shy until he took action to overcome it. He shares with us some key steps that can help us on our journey to expressing ourselves and excelling at it!

### **Key messages:**

- Join Toastmasters to help practice overcoming shyness with speaking in public and get feedback in a warm, supportive environment with people who want to see you succeed
- Use scaffolded organisations to internalise our presentations
- Use any nervous energy you are experiencing to propel yourself forward when speaking in public
- We can love the butterflies, we don't have to go under with them

- As shy people, we can be super aware of what we interpret as criticism in our audience
- Public speaking is a skill just like any others and benefits from repeated practice
- For many of us shy people we project onto the world that other people don't have a problem speaking or giving talks
- We shy people have tremendous ideas inside ourselves, and it's up to us to get our ideas out into the world
- It's a journey, it doesn't happen overnight, it's something we have to work at
- Go at your own pace to make yourself better

**Resources:**

- > Download your free resource - [5 Steps to Overcoming Shyness Wherever You Are](#)
- > [Find me](#)
- > [Eddie Rice](#) - *Toast: Short Speeches, Big Impact*

Do get in touch with Fiona if you have any questions or would like to suggest a topic for a future Podcast.