

Public Speaking

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Induction – Help is at Hand

Just taking your time now as you relax comfortably into the chair... that's right... feeling good... feeling comfortable... and all is well. In a moment I will ask you to take three very deep and relaxing breaths... breathing deeply in and holding your breath for the count of three each time... and then exhaling completely after each breath... As you draw in each breath... I would like you to imagine you are drawing in fresh, clean mountain air... and as you exhale I would like you to feel all the tension leaving your body with each exhaled breath... and closing your eyes...

Let's start now and take your first breath... and out... and breathing in fresh, mountain air... and all tension now leaving your body... fresh mountain air in... and three... all tension gone... beautiful... just breathing easily now and relaxing completely...

I would like you to use your wonderful imagination now... and imagine just for a moment... that you are in a world where every single person in your world is your friend... and they exist purely to help and encourage you in all that you do... they are all your friends and their job is to attend to all your needs at all times... wait upon you hand and foot... whenever and wherever they are needed.

Their job at this moment is to relax you completely... they are all experts at helping people to relax... and today they will relax you completely... In your imagination see them now all around you as their first job is to take all the tension from your head... feel your head let go and relax as all tension passes to you new friends and helpers... all the muscles in your face let go... your mouth... your jaw... your cheeks... all tension flows to your helpers... and now your neck relaxes as you allow yourself to relax more and more...

Feel your shoulders now as your helpers remove all tension and the shoulders go loose... your upper arms... forearms... and now your hands... all now limp at your sides... feeling relaxed, calm and comfortable...

Your helpers now carry away all tension from your upper back... you feel all the muscles go loose... and now your lower back relaxes... that's right... good... now you allow your abdomen to relax... just letting go... as your helpers carry away all stress and tension... see them in your mind... doing their job... as you relax ever deeper and deeper...

Feeling wonderful now as you relax your hips... your thighs... and now all stress and tension being carried away from your knees and then your calves... how beautiful that

feels... and lastly your helpers take away all remaining tension from your feet... and there you are... all wonderfully relaxed, comfortable and calm... as you allow yourself to sink deeply into the chair...

Deepener – Just Bin It

Using your imagination now... I would like you to visualize... to see in your minds eye... all of your helpers off to the side... allow yourself to see them... there are 20 helpers in all... and each one is carrying a parcel of stress and tension that they have removed from your body and mind...

You notice that nearby is large bin marked “Garbage”... this is where all those parcels are going to be deposited by your friendly helpers... never to be seen again... as helper number 20 moves towards the bin and drops his parcel into it... and as he moves away helper number 19 also drops his parcel into the bin... notice how they smile as they drop that rubbish into the bin... gone forever... now number 18... then 17... deeper and deeper...

Helper number 16 moves over and you can see him drop his parcel into the bin... and he smiles and moves away... as you relax more and more... and now 15... 14... relaxed and calm... deeper and deeper... 13... feeling good... 12... number 11 does the same...

From this moment on as each helper drops their parcel into the bin you will relax ten times deeper down... number 10 moves forward and drops his parcel into the bin... smiles and moves away... as you relax ten times deeper than the time before... number 9... ever deeper and deeper... 8... so very calm and relaxed... now number 7... more relaxed than you have ever been before... 6... number 5 does his job with a smile... 4... deeply relaxed and calm... 3... 2... and as helper number 1 moves to the bin and drops the last parcel into it... you fall into a state of complete relaxation...

From this moment on you will only hear the comforting sound of my voice... all other sounds you may hear... as the world goes about it's day... will only cause you to relax more and more... deeper and deeper... as all other sounds gently fade into the background...

The Script – I Get By With a Little Help From My Friends

Feeling so relaxed... so at ease... as today we will use your imagination to see both yourself... and all those you speak to... and come into contact with... as your friends and helpers... just like your helpers in relaxation... so also are all the people you meet in your daily activities... your friends and helpers... one and all...

Just visualizing now... using your imagination... imagine yourself about to give a speech to a number of people... You have been asked to present a talk to an audience who are ready and waiting to hear what you have to say... you are very relaxed and

calm... you have prepared well... your notes are perfect and all is well...

As you enter the venue you notice how everyone is smiling... encouraging smiles as they greet you... and help you to get ready... they are all very friendly... giving you enormous confidence...

You notice something important about all of the organizers and helpers... see how they are all acting as if they were your very best friends... offering encouragement... helping wherever needed... they all make you feel very comfortable, confident and good about yourself... you feel that you can do this... you definitely have what it takes... this will be just like talking to a bunch of old friends... that love you... and enjoy your company...

Imagine now that it is time to step forward to the lectern... everything is progressing so well... you move confidently to the center stage and take your position... placing your notes in front of you... You have memorised your notes... having them in front of you gives you comfort... it's reassuring...

In your mind's eye you see yourself looking up at the audience... and again you notice something... something so very, very special... the audience is all of your friends and helpers as well... they are all smiling and ready for what you have to say... their faces are faces of friendship... and faces of encouragement... they love you... and they are going to love what you are about to say...

You begin to speak... as the words just flow... easily... confidently... as you use your hands to help make meanings clearer... Your friends... the audience... love what you are telling them... they are hanging on every word... the rising and the falling of your voice holding their attention perfectly... as you are now holding them all in the palm of your hand... speaking so well... so perfectly... your meanings are clear and precise... the audience is your friend and the audience loves you and appreciates your speech... you are the best speaker they have ever heard... and you are loving this...

You can see that you are an excellent public speaker... you are always aware that your audience is your friend... every single person in the audience is your friend and helper... everyone always loves to hear you speak on any topic you choose... you always speak with great clarity and you spark interest in all of those present... your arm and hand gestures perfectly timed to add meaning to all that you say...

You now know that what you have just seen in your imagination is what you are in life... a perfect public speaker... From this day forward you will always look forward to speaking in public... you will always prepare what you are going to say well ahead of time... you will do your research well... you will always be confident in what you say... well researched and prepared... looking your best... knowing most importantly of all... that the audience is always your friend and helper...

From now on when you are in front of an audience to give a speech... as you look out upon the sea of faces before you... all you will ever see looking back at you... is a sea of smiling friends and helpers... friends and helpers, one and all...

Awakening

As your speech comes to a close and your audience cheers and the clapping fades away... it is time to return to the present... full of confidence and happy expectation of future successful public speaking engagements... just like the one you had today...

In a moment I will count down from 5 to 1 and you will awake from hypnosis feeling refreshed and confident in your abilities...

5... feeling relaxed and calm

4... feeling life start to return to your body and mind

3... feeling good

2... eyelids starting to open, and

1... eyes wide open... awake and feeling fantastic.