



Inspiration

They held each other up.
They patted each other's
back as if each had
Fallen and scraped a knee
and had no one else
To turn to for comfort.

It seemed as if they
hugged each other
for the past and
for the future.

~ Terry McMillan

SAM CBA Presentations

Miracle of Love, Inc. Retreat
Technical Consultation
Cocoa Beach, Fla....**June 20-23, 2002**

SAM/Southern CBA Projects
Advisory Board Meeting
Jackson, Miss.**July 26-28, 2002**

National MSM Conference
Cleveland, Ohio.....**Aug. 1-4, 2002**

United States Conference on AIDS
Anaheim, Calif....**Sept. 19-22, 2002**

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Brother to Brother

SOUTHERN AFRICAN-AMERICAN MEN'S CBA PROJECT

Public Speaking: Stage Fright Strategies

Stage fright is Good and Makes You Better Looking Too! Before you learn how to speak in public, it is important to be ready to speak in public. Stage fright is a phenomenon that you must learn to control if you want to be good at public speaking. Actually, stage fright isn't the most accurate term for the nervousness that occurs when considering a speaking engagement.



In fact, most of the fear occurs before you step on stage. Once you're up there, it usually goes away. Try to think of stage fright in a positive way. Fear is your friend. It makes your reflexes sharper. It heightens your energy, adds a sparkle to your eye, and color to your cheeks. When you are nervous about speaking, you are more conscious of your posture and breathing. With all those good side effects, you will actually look healthier and more physically attractive.

When making public performances, many of the top performers in the world get stage fright so you are in good company. Stage fright may come and go or diminish, but it usually does not vanish permanently. You must concentrate on getting the feeling out in the open, into perspective and under control.

Remember nobody ever died from

stage fright or speaking in public. But, according to surveys, many people would rather die than speak in public. If that applies to you, try out some of the strategies in this section to help get yourself under control. Realize that you may never overcome stage fright, but you can learn to control it, and use it to your advantage in your public speaking efforts.

SYMPTOMS OF STAGE FRIGHT:

◆ Dry mouth	◆ Give me a hand <i>(Oops, I couldn't resist)</i>
◆ Tight throat	◆ Trembling lips
◆ Sweaty hands	◆ Shaky knees
◆ Cold hands	◆ Fast pulse
◆ Shaky hands	◆ Nausea

Any out-of-the-ordinary outward or inward feeling or manifestation of a feeling occurring before, or during, the beginning of a public speaking engagement (Wow! What a dry mouthful!). Here are some easy to implement strategies for reducing your stage fright.

Not everyone reacts the same and there is no universal fix. Don't try to use all these fixes at once. Pick out items from this list and try them out until you find the right combination for you.

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Improving Your Public Speaking Skills

Sooner or later, we all are called upon to get up in front of a group of people and speak. This can be either a harrowing or pleasant experience. The following tips are designed to make public speaking less stressful. Less stress means a more relaxed and confident you and makes a better impression.

Be Prepared. Know your subject. If possible, make up index cards with notes or key phrases to refer to during your speech. Do not put the entire speech on the cards and read it word for word. You will look stiff, sound uninteresting and bore your audience. If you can choose the topic you are to speak on yourself, opt for something you enjoy as a hobby or which you have read a lot about because it interests you. Your passion for the subject will come through in your delivery.

Know Your Audience. Many people overlook this important strategy. Knowing who you will talk to can help you to tailor what you will say to that group. Let's say, for example, that you are going to speak to a group of African-American community-based organizations about ways to maximize their practices of prevention and intervention to regulate the spread of HIV/AIDS within their communities. Since your target audience is African-Americans you would want to know the prioritization of the targeted populations within that geographical location to assist the audience in effectively planning and mobilizing their communities.

Practices/Dress rehearsal. Do several run-throughs of your talk. Gather any props you will use, such as photos or charts. If you are using a multimedia presentation, make sure your equipment is operating correctly. You might even get a family member or a friend to observe your rehearsal and give you constructive feedback. Use a video camera and tape yourself in your run-through. Most people are

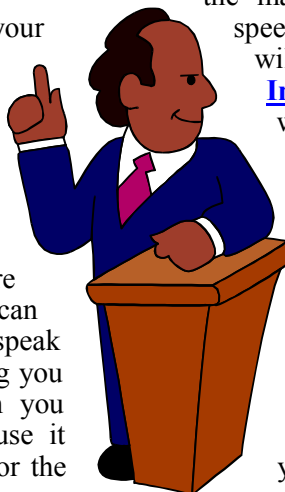
uncomfortable watching themselves on tape but painful as this may be, it can provide you will a point of view you cannot get any other way. Don't be overly critical but do look for any major gaffes. You will want to practice your speech as many times as it takes to become comfortable and natural with the material and visual aids. Your speech should flow and practice will make that happen.

Image. Always look your best when addressing any group. If the group will be casually dressed, you can wear a nice business casual outfit of khaki slacks, a polo shirt and loafers. But that's about as casual as you should go. Jeans, t-shirts, wrinkled, dirty and/or torn clothing is not appropriate when speaking in front of a group. Make sure your hair is clean and neat. For women, makeup should be applied in moderation. You want people to listen to what you are saying rather than to be preoccupied with how you look.

Stage fright. Everyone who has spoken in front of a group has experienced stage fright at one time or another. The good news is that once you begin your talk and warm to your subject, stage fright usually goes away. Occasionally someone will experience stage fright to such an extent that it cripples them and they cannot continue, but that is very rare. You may find it helpful to sit quietly for a few minutes before your speech and gather your thoughts, breathing deeply. Visualization techniques, such as athletes use, will train your brain not to be afraid and mentally walking - through the exercise many times will imprint on your subconscious that there is no other option but success.

These tips can hopefully help assure that giving a speech or a presentation will be as pleasant for you as it is for your audience. Good Luck! You're well prepared and ready. Break a leg!

Source: Adapted from http://oh.essortment.com/speechespresent_reoc.htm



Public Speaking continued...

VISUALIZATION STRATEGIES THAT CAN BE USED ANYTIME:	etc., in your notes.
Concentrate on how good you are at public speaking.	Build a cushion of time in the day so you are not rushed, but not too much time. You don't want to have extra time to worry.
Pretend you are just chatting with a group of friends.	If your legs are trembling, lean on a table, sit down, or shift your legs.
Close your eyes and imagine the audience listening, laughing, and applauding.	Take a quick walk.
Remember happy moments from your past.	Take quick drinks of tepid water.
Think about your love for and desire to help the audience.	Double check your A/V equipment, including the public address system, projectors, etc..
Picture the audience in their underwear.	Don't drink alcohol or coffee or tea with caffeine.
STRATEGIES IN ADVANCE OF PROGRAM:	Concentrate on your speaking ideas.
Read a poem.	Hide speaking notes around the stage area so you know you have a backup if you happen to draw a blank.
Be extremely well prepared.	Concentrate on your audience.
Listen to music.	Listen to music.
Join or start a Toastmasters club for extra practice.	Read a poem.
Anticipate hard and easy questions.	Do isometrics that tighten and release muscles.
Get individual or group public speaking coaching.	Shake hands and smile with attendees before the program.
Organize your speaking notes.	Say something to someone to make sure your voice is ready to go.
Get in shape. I don't know why it helps stage fright, but it does.	Go somewhere private and warm up your voice, muscle, etc.
Absolutely memorize your opening statement so you can recite it on autopilot if you have to.	Use eye contact.
Practice, practice, practice. Especially practice bits so you can spit out a few minutes of your program no matter how nervous you are.	Go to a mirror and check out how you look.
STRATEGIES JUST BEFORE THE PROGRAM:	Breathe deeply, evenly, and slowly for several minutes.
Remember stage fright usually goes away after you start. The tricky time is before you start.	Don't eat if you don't want to and never take tranquilizers or other such drugs. You may think you'll do better, but you will probably do worse and not know it.
Be in the room at least an hour early if possible to triple check the public address system and everything else on your checklist. You can also schmooze with participants arriving early.	STRATEGIES WHEN THE PROGRAM BEGINS:
Notice and think about things around you.	If legs are trembling, lean on lectern/ table or shift legs or move.
Concentrate on searching for current and immediate things that are happening at the event that you can mention during your speech (especially in the opening). Get into conversation with people near you. Be very intent on what they are saying.	Try not to hold the microphone by hand in the first minute.
Yawn to relax your throat.	Don't hold notes. The audience can see them shake. Use three-by-five cards instead.
Doodle.	Take quick drinks of tepid water.
Draw sketches of a new car you would like to have.	Use eye contact. It will make you feel less isolated.
Look at your notes.	Look at the friendliest faces in the audience.
Put pictures of your kids/grandkids, dog,	Joke about your nervousness. What's the right wine to go with fingernails?

Remember nervousness doesn't show one-tenth as much as it feels. Before each speaking engagement, make a short list of the items you think will make you feel better. Don't be afraid to experiment with different combinations. You never know which ones will work best until you try. Rewrite them on a separate sheet and keep the sheet with you at all times so you can refer to it quickly when the need arises. When speaking in public, use these steps to control stage fright so it doesn't control you.

Source: Advanced Public Speaking Institute; Web site: <http://www.public-speaking.org/public-speaking-stagefright-article.htm>



Southern African-American Men's Capacity-Building Assistance (SAM CBA) Project

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Focus

The Southern African-American Men's Capacity-Building Assistance Project seeks to motivate, mobilize, increase participation and involvement of African-American men who have sex with other men (MSM) in the delivery of HIV prevention services and the community planning process. This project also seeks to foster collaborations and linkages of HIV prevention programs targeting African-American (MSM) with these stakeholders and community leaders.

The Southern African-American Men's Capacity-Building Assistance Project's geographical area of coverage is as follows: AL, AR, FL, KY, LA, MS, OK, TN, TX.

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Skills-Building Course Calendar

Community Planning.....May 9 & 10
Lexington, Kentucky

Community Mobilization.....May 20 & 21
Huntsville, Alabama

Community Planning TOT.....June 3 & 4
Orlando, Florida

Community Planning TOT.....September 12 & 13
New Orleans, Louisiana

Community Mobilization TOT.....June 27 & 28
Dallas, Texas

Community Planning.....July 18 & 19
Miami, Florida

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