



# THE 7-STEP GUIDE TO **FEARLESS SPEAKING**

*Your power is in  
authentically expressing the  
TRUTH OF WHO YOU ARE.*

**DR. DOREEN DOWNING**  
FEARLESS SPEAKING COACH

[DOREENDOWNING.COM](http://DOREENDOWNING.COM)

# INTRODUCTION

Do you get anxious about speaking up in public, whether it's on a stage, in a meeting, or even in a 1:1 conversation?

Do you rehearse what you'll say repeatedly, yet still hear your heart pounding when you open your mouth?

Maybe you worry that your voice will shake, that you'll forget your words, or that people will see how nervous you really feel.

You are not alone. **Most people who fear speaking up in public experience these same sensations and are afraid others will notice and judge them as weak.**

Are you ready to take steps to be more confident to express yourself in any situation?

**If you are looking to speak with ease, this 7 Step Guide to Fearless Speaking is meant for you.**

Follow along with each step so you can learn how to trust your words will be there even when all eyes are on you.

**When you master these 7 Steps, you are finally free to be who you truly are and say what matters most.**



*The underlying fear that is beneath stage fright is the fear of being seen and heard for who you truly are.*



Hello,

I'm Dr. Doreen Downing, Clinical Psychologist, Fearless Speaking Mentor, and podcast host. I've spent **decades helping people find the confidence to speak up in every part of life**, on stage, in meetings, and 1:1.

I know what it is like to struggle with public speaking anxiety. **Even with a doctoral degree and a thriving business, I hid my stage fright for years.**

I remember sitting in networking meetings and feeling anxious about simply introducing myself. I stayed quiet to avoid attention and rehearsed endlessly whenever I had to present.

**What finally changed was realizing that Fearless Speaking is not about trying to get rid of fear. It is about forming a new relationship with it so it no longer stands in the way.**

Your natural voice is already within you. It just gets buried under pressure and self-judgment.

This Fearless Speaking Guide is built around the 7 steps that I've brought to hundreds of clients.

**You'll notice that each step starts with the word BE, and that's because speaking with confidence is about BEING who you truly are so that you can express what matters most and be heard at work, in love, and life.**

**YOUR INNER VOICE IS  
THE MOST NATURAL  
AND POWERFUL ASSET  
YOU POSSESS.**

# STEP 1: BE SILENT

Do you get afraid that you'll go blank and lose your train of thought when you are speaking in front of others?

**This fear alone can make you rush, fill space with ums and ahs, and makes it impossible for you to trust a natural pause.**

However, silence is a moment of presence. **When you can let yourself stop and breathe you'll discover that silence helps your body settle so your words can find you.**

The idea here is that **being still is a super strength.** It is an inner muscle that is rarely used and can be developed so that you are able to be at ease even if you lose your words.

## ACTION

Right now, give yourself one quiet breath. Feel it drop into your belly. Let everything soften for a moment. Then practice this tiny pause each time you speak today.



*At your center,  
there is a silent,  
still point where  
fear does not  
exist.*

## STEP 2: BE PRESENT

Do find yourself replaying moments in your past when speaking felt hard or embarrassing?

Whether it was a teacher who made you stand in front of the room, a parent who put you down, or a boss who put you on the spot to answer a question at a business meeting, **a negative memory of “failure” keeps haunting you.**

*The power of your presence is realized when you can be absolutely centered in the moment.*



**Your mind may wonder to what might happen next, but neither place gives you strength.**

Your power is in the Now because this is the only moment where **your breath, your body, and your voice can work together.**

### **ACTION**

Take a breath, look around the room, focus on one object as if you are seeing it for the first time. For a few minutes, notice its color, its texture, its shape. Now say one thing you are aware of in your body right now.

## STEP 3: BE SEEN



*To look directly at another and be seen gives you strength and makes it easier to be the center of attention.*

Are you uncomfortable looking people directly in their eyes or letting them look at yours?

If you think someone might be judging you, **meeting their eyes can feel challenging.**

However, it is the **eye-to-eye connection that is the primary way to establish rapport.**

This is something other than what is typically called “eye contact.” **Instead, you soften your gaze and make your eyes available.**

The moment you let your gaze land gently on another person, something shifts. **You feel more present and they feel more connected to you.**

### ACTION

Think of your listener’s eyes as windows to something good within them. Soften your gaze and let your eyes meet theirs for a few gentle seconds. Let it feel natural. Let it help you stay in the moment.

# STEP 4: BE LISTENING

Do you ever rush through what it is you have to say without even noticing how others are receiving your words?

**Maybe you are nervous and just want to get it over with.**

Remember, though, just because there is a listener or even an entire audience in front of you, it does not mean they are really listening to you.

**When you pay attention to them, they will pay attention to you.** So observe, listen and notice if they are following you, confused, curious, or wanting more.

**Staying present in this way makes speaking a two-way exchange, not a performance.**

## ACTION

Pause now and listen to the room around you. Notice a sound farthest away from you, then notice a sound that is a little closer, then a sound that comes from your own breath. Now imagine you are speaking to a group. Stay in that same open, expansive listening.



*Listening to  
your listeners is  
a powerful way  
to engage them.*

## STEP 5: BE POSITIVE

When your mind jumps to what others might be thinking about you, **do you notice yourself tensing up?**

What if you gently shift your focus toward the person in front of you. **Notice one thing you genuinely appreciate about them.** This quiet exchange softens your body and helps you feel more at ease.

The secret here is that when you can identify a positive quality about your listener, **you are no longer looking for how they might be judging you.**

When they experience you as being more open to them, **they are more positive toward you.**

### ACTION

Imagine a conversation you are having and before speaking, choose one person in the room and notice something you genuinely appreciate about them. Hold that positive quality in your awareness as you speak. Let it steady you.

*You can influence your life by being gracious and kind to yourself and others.*



## STEP 6: BE CONNECTED

Are you someone who avoids making direct contact with your listener? Maybe you glance away in a conversation or maybe you look at a spot on the back wall if you are in front of an audience.

**Most people try to scan the whole room.** That only creates more pressure and keeps real connection from happening.

What works is slowing down and landing your attention on one person at a time. **When you truly connect with someone, everyone else feels it too.** They naturally lean in and want their turn with you.



*The more you are able to engage with just one individual, the more it is possible to have a true connection.*

### ACTION

Picture a group ready to hear you speak. Be with one person who feels easy to talk to and start sharing your message with them. Move to another person, then another. Notice how your body settles when you focus on just one person at a time.

## STEP 7: BE YOURSELF

Do you ever hold back a part of who you are when you speak because you **worry you might be too much or not enough?**

Maybe you edit yourself as you speak, and trim away the parts of you that feel risky or tender?

There is a **quiet strength that rises when you stop trying to manage yourself and simply let your true voice come through.** Your words feel more natural. Your presence softens. People feel you more clearly.



*Your real voice  
is the  
expression of  
who you truly  
are. It's where  
your essential  
power resides.*

**Knowing who you are and being willing to speak from your Truth brings you confidence to enter any room and make and impact.**

### **ACTION**

Speak one gentle sentence out loud that reflects something true for you right now. Let it be simple. Notice how it feels to hear your own voice without trying to perform.

# 7 STEPS TO FEARLESS SPEAKING

1. **BE Silent**
2. **BE Present**
3. **BE Seen**
4. **BE Listening**
5. **BE Positive**
6. **BE Connected**
7. **BE Yourself**



Remember, we are working on an essential state of BEING rather than putting on a performance.

**With each of these steps, you become more and more able to BE in the moment, connected to yourself, and free to express what it is you want to say in any situation.**

When you find your real voice, you find the courage and confidence to BE who you are and live more fully. **You'll find the success you desire in your professional life and the intimacy you crave in your personal life.**

# WHERE TO GO NEXT?

Now you have 7 powerful tools to ground and center yourself so you don't get overwhelmed when you need to speak up.

**However, if you desire to overcome your anxiety once and for all we need to identify and address the root cause at a deeper, subconscious level.**

Often a past experience, whether forgotten or not, created a limiting block or fear around expressing yourself in the way you desire to.

This is what I refer to as the 'wounded voice' - where it simply did not feel safe to speak up or speak freely. Identifying and healing this is my area of expertise.

**I have supported thousands of clients over several decades to heal anxiety and find their voice so that they finally feel safe to speak up on any stage (including in their own living room) and be seen and heard for who they truly are.**

This inner self-discovery and self-empowerment journey goes far beyond power poses, rehearsals, performance techniques, with lasting, life-changing results.

Like my client Carisa said, "I was amazed at how far I've come from fear and self-judgment to a calm, grounded trust in myself."

👉 **[CLICK HERE](#) to watch the 5-min video to learn how to identify where your anxiety originates and what to do about it.**

