

Turn your greatest fear into a powerful asset and get talking!

Submitted by: Now You're Talking

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A public speaking expert who turned her greatest fear into her most powerful asset has written a book to encourage other people to take to the stage and bring their personal or business vision to life.

So many of us become paralysed with fear at the thought of any kind of public speaking – from making congratulatory speeches to delivering business presentations – but according to Lyn Roseaman, we are missing out on a fantastic opportunity to share our story.

In her new book *Now You're Talking!* (Rethink Press), Lyn encourages all of us to take a step out of our comfort zone and find our inner confidence so that we can share our ideas, wisdom, thoughts and experiences with a wider audience.

Although as a child, Lyn was encouraged by her mum to speak her mind, her confidence took a bashing at secondary school and left her discouraged, lacking confidence and dreading work presentations.

Lyn said: "My mum encouraged me to speak my mind. I'm sure she sometimes regretted it, as I spouted forth on what I thought of almost everything, from the taste of milk to the latest theatre production!

"But she never silenced me, always encouraged me and never undermined my confidence.

"At secondary school, my comfort at expressing myself continued until one day a French teacher bellowed, 'Shut up, foghorn!' every time I shouted an answer from the back of the room."

Lyn's fear became more apparent whenever she was asked to read aloud in class. She added, "I panicked. I was too scared to breathe and tried to read aloud without drawing breath, so that, by the end I sounded as if I was about to burst into tears."

Lyn shares her own story of how she built her confidence and overcame her fears. She now loves speaking and has written her book to encourage others to go outside of their comfort zone too.

"I love speaking. I understand what people mean when they say things like 'That's a good speech!' The joyous buzz when you hear those galvanising words, 'You nailed it!' after you've delivered your talk. I enjoy sharing ideas, entertaining people and inspiring people to speak, so that they can make a difference. I've founded my own speaking business – *Now You're Talking* – and transitioned from international market research director to public speaking coach, helping job hunters, academic institutions, business leaders and keynote speakers."

We're not born with a magic speaker gene. Public speaking is a learnable skill with a clear path to success.

Now You're Talking! will help speakers find their voice and bring to life their personal or business vision – the ideas they care about. Building on their existing strengths and experience, *Now You're Talking!* recognises that public speaking is a learnable skill and takes speakers through the process of

creating and delivering speeches and presentations that will make a difference to them and their audiences.

Lyn added: "Opportunities – some might say obligations – to speak in public are everywhere, but they can seem overwhelming. The idea for this book came to me as I began to encounter a growing number of people who are good public speakers, but who restrict what they have to say to their clients and colleagues. I hear them talking about some exciting and valuable ideas in their personal and business lives, and suggest they merit a wider audience. All too often, I get a reaction of absolute horror. No one denies that public speaking is daunting and shrouded in uncertainty, but it is important in furthering our thinking as a society, as a business and as an individual. My book is my gift to everyone who would like to take their speaking to a wider audience and a bigger stage, but isn't quite sure how to do it."

Now You're Talking! will be published by Rethink Press in November 2019. It will be available on Amazon and in bookshops.

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NOTE TO NEWSDESKS

For interviews, photography and review copies please contact lyn@nowyouretalking.co.uk or ring +44 7789 622 500.

Images of author and the book cover are also available.

For more information about Lyn's business go to www.nowyouretalking.co.uk

Now You're Talking provides public speaking and presentation skills coaching with immediate results for busy professionals and people who want to take their speaking to a wider audience and a bigger stage (<https://www.nowyouretalking.co.uk>).