

SOAR Educational and Mental Health Therapy

Executive Public Speaking Confidence Workbook

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How to Use This Workbook

This workbook is designed for high-performing professionals to build confidence through structured action, practice, and reflection.

Understanding Your Anxiety

Identify your triggers and patterns. Anxiety is a performance response, not a failure.

Thought Patterns

Challenge unhelpful thinking and replace it with balanced, realistic perspectives.

Performance Mindset

Shift focus from fear to impact. Your message matters more than perfection.

Exposure Ladder

Gradually build confidence through repeated speaking experiences.

Practice & Reflection

Record, review, and refine your performance.

Physical Regulation

Use breathing and grounding techniques to manage physiological responses.

Executive Presence

Slow down, pause, and project confidence through intentional communication.

Values & Purpose

Clarify your leadership voice and why speaking matters in your role.

Week	Exposure	Before	After	Notes
1				
2				
3				
4				

SOAR Reminder: Confidence is built through action. You can perform effectively even with anxiety present.