

Communication Skills – Proactive Methods of Working With the Audience in Public Performances and Lecture



Abstract:

A modern way of life, regardless of its negative sides, brings a great advantage - the freedom to be who we are, because our survival no longer depends on whether our true nature is accepted by our closest community or not. But is it really so? Research has shown us that the fear of public speaking comes first, even before the fear of death. So, the way our environment sees us still makes us do things we don't need and don't want in order to get what we want and need. Whatever it is. So let's look together at what it could be and how to get there. Freedom from the pressure of the audience, knowing our real needs and acting effectively is what we seek in order to reach what we truly crave - authenticity. And modern way of life requires new approaches and innovative methods.

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