

HOW
TO DEAL
WITH

Fear \times Anxiety

Fear



FREE
Resources

1
ISSUE

Novice corporate trainers encounter many delivery difficulties in the first years of their job. The International Board of Certified Trainers have studied the challenges of trainers and compared them with the international standards of professional conduct to identify the main performance gaps.

Some novice trainers are having a lack of confidence and feel anxious before and during the delivery of training. The impact of fear and anxiety can be serious. Symptoms can be: physical, like: an increased blood pressure and heart beats, increased sweating tendency, stiffening of neck and upper back muscles and dry mouth, verbal, like forgetting your content or change your voice, and non-verbal, even panic attacks!

Expert trainers deal with fear by:



Preparing well

Having a detailed lesson plan for their training sessions.



Ice-breakers

Using ice-breakers to start the training up in an informal way and relax the participants.



Positive self talk

Acknowledge that fear is normal and by using positive self talk.

Stay tuned to our Facebook pages, websites and YouTube channels to learn more or call our headquarters for more materials +31102045530 (GMT+1)