



# 10 Top Tips to Deal With Your Wedding Nerves

---

## **'I'd rather die than stand up in public!' Sound Familiar? You're not alone!**

Nearly everyone is nervous before a speech and rightly so as you are in a position whereupon all eyes will be on you. People will stop eating and drinking and will be expecting you to entertain them.

Is it daunting? You bet it is! Even for Oscar winning actors!

However, thousands now remove wedding nerves who never thought they could.

## **So Here Are My Top 10 tips:**

1. Don't let the fact of giving a speech, reduce your self-confidence. Remember you are the star!
2. Rehearse! There are no short cuts. Look at yourself in the mirror as you practice your speech, words, pauses and body language.
3. If you have rehearsed your speech properly, this will give you confidence.
4. Check the room, table and microphone beforehand
5. Try and relax beforehand but not with too much alcohol or this might just make you forget what it is that you will need to remember.
6. When you start to talk, look around, pause and smile and that will give you time to settle down and to calm your nerves.
7. Never apologise for being nervous. Audiences are not very forgiving and they don't really want to know that. They just want to be entertained and that is what you are there to do!
8. Concentrate on delivering your message and not on how you are feeling.
9. Check the microphone in advance. Is it a hand held, table mounted or lapel?
10. Breathe deeply from your diaphragm: this will help you to relax and speak.

Don't forget that your audience are your friends who want you to succeed! You are not giving a presentation at work, you are here to have a good time with all your guests and family

Take your time, breathe deeply and enjoy the moment!

---

## Your Next Step

Contact the Wedding Stress Expert and let her take the stress out of writing and delivering your wedding speech.

[info@theweddingspeechexpert.co.uk](mailto:info@theweddingspeechexpert.co.uk)

[www.theweddingspeechexpert.co.uk](http://www.theweddingspeechexpert.co.uk)

Tel: + 44(0) 20 8954 1593 or + 44 (0) 77 688 78910

