

October On-Demand Webinar

Public Speaking: What to do When the Spotlight's on You



Public speaking can make even confident people feel nervous, self-conscious, or overwhelmed. Whether you're presenting to a large audience, speaking up in a meeting, or simply sharing an idea when all eyes are on you, fear can suddenly make it harder to communicate the way you want to.

In this webinar, we'll explore why public speaking can feel so intimidating and what you can do to keep the fear from taking over. You'll learn practical strategies for managing anxious thoughts and physical reactions, building confidence, and communicating more effectively when the spotlight is on you.

All MMHG participants will be entered to win a \$50 Amazon gift card! How it works:

1. Between October 1-31, watch the webinar using the link below. When registering, the email address you provide will be used to track your attendance. You'll receive one raffle entry for viewing the recording.
2. Gift card winner will be notified by email on November 10th. All employees, retirees, and dependents from Mayflower Municipal Health Group member units are eligible to win.



**Click here or scan the QR code to watch
using member access code: MMHG**

Webinar URL: <https://tinyurl.com/L2LPublicSpeaking2026>

Questions? Please contact wellness@MMHG.org