

# Unaccustomed as I am...

Visualise everybody naked! That's what public speaking gurus tell you. Shame it's rubbish. Here's the FHM and Head & Shoulders' guide instead



Imagine. Your job involves public speaking – and it terrifies you. Everytime you step up in front of an audience of more than three people, your antiperistaltic process triggers into motion, your forehead drips with Niagara-levels of sweat and you'd rather do anything than be there. But lest we forget, fear of public speaking is quite *normal*. What is weird is

the bravura, *cojones* and sheer gall that it takes to stand up and blab away with ease in front of ten or 10,000 people. But this month, as part of our Social Confidence campaign, *FHM* and Head & Shoulders teaches you how to become one of those people. From communicating like Clinton to conquering the best man's speech, your guide to public speaking is this way. ▶▶▶▶