Workshop/Event Name: Speaking Up Without Freaking Out!  
Presenter’s Name: Matt Abrahams  
Date: April 23, 2014  
Total Number of Responses: 13 out of 13 attendees

Full-time faculty  Part-time Faculty  Classified Staff  Classified Hourly  Supervisor  Administrator

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8. As a result of this professional development activity I am now able to:  
- think about anxiety as something I can manage, and not something that manages me. (2)  
- classify/recognize sources of anxiety. (2)  
- use what I do as skill.  
- realize who I can go to if I have further questions or concerns/identify resources. (2)  
- learn more techniques of how to cope with speaking anxiety. (2)  
- learn more about postures and conversational language.  
- understand it’s okay to get nervous. Manage my nervousness. (2)  
- have a conversational speech.  
- recognize that I’m not the only one who gets nervous.  
- work on/practice public speaking skills, hiding my anxiety. (3)  
- Be a better presenter.  
- Learn how to “fake it.”  
- Recognize how to manage body postures. (2)  
- Know that I need additional instruction.

9. I would suggest . . . / additional comments:  
"I had no expectations, but left with good information.”  
“Maybe consistent workshops like this throughout the year.” (2)  
“Maybe more time and practice.” (2)