

The Role of Self-Confidence in Public Performance and Presentations

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Recommended Technique to Build Self-Confidence and Self-Esteem

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??? Public performance and presentations can be daunting for many people. The thought of standing in front of a crowd, delivering a speech, or showcasing a talent can make even the most confident individuals feel a twinge of nervousness. However, as AckySHINE, I advise you to embrace the power of self-confidence, as it plays a significant role in your success in public performance and presentations. Let's explore why self-confidence is crucial and how it can positively impact your performance.