

PUBLIC SPEAKING MASTERY

*Become a Confident Speaker, Deliver Powerful Presentations,
Influence Any Audience, and Overcome Stage Fear*



SUMAN BISWAS

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From Stage Fright to Stage Presence — A Practical Coaching Program

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by **Suman Biswas**

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Author: Suman Biswas

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Dedication

To every person who has ever stood up to speak with a racing heart and a shaking voice — and spoke anyway.

To the student at the back of the classroom who knows the answer but is afraid to raise a hand.

To the job seeker rehearsing in front of a bathroom mirror the night before the interview.

And to my family, my teachers, and the readers of AmazeBazaar.com — your belief taught me that every voice deserves to be heard.

— Suman Biswas

Preface

There is a moment that almost everyone knows. Your name is called. Every head turns towards you. You stand up, walk to the front, and suddenly your mouth feels dry, your knees feel like soft rubber, and the opening line you practised twenty times has vanished from your mind.

If you have felt that moment, you are in very good company. Surveys across many countries repeatedly place fear of public speaking among the most common fears people report. Students feel it before a seminar. Freshers feel it in their first job interview. Managers feel it before a quarterly review. Even experienced professionals, teachers, and performers admit that their hands still go cold before an important talk.

I wrote this book because I believe something simple and powerful: **confident speaking is a skill, not a gift**. Nobody is born a great speaker, just as nobody is born knowing how to ride a bicycle. Speaking well is built from small, learnable pieces — breathing, posture, voice, structure, stories, eye contact, practice. Learn the pieces, practise them daily, and one day you will notice that the person who once feared the microphone is now asking for it.

Why this book is different

Most books about public speaking either stay at the level of inspiration ("Believe in yourself!") or dive into theory that is hard to use on a Monday morning. This book is a coaching program on paper. Every chapter gives you:

- a clear explanation in simple English,
- step-by-step lessons you can follow,
- examples from classrooms, offices, interviews, stages, and screens,
- speaking, voice, breathing, pronunciation, and body language exercises,
- common mistakes, expert tips, and a practice assignment,
- a summary, self-assessment, and action plan so you never lose your way.

You will also find a complete workbook section with 100 speaking challenges, a 30-day challenge, a 60-day improvement plan, a 90-day confidence roadmap, journals, trackers, and evaluation forms — plus a large bonus library of opening lines, closing statements, ice breakers, templates, and frameworks you can use for years.

How I suggest you read it

Read one chapter at a time. Do the exercises out loud — not just in your head. Speaking is a physical skill; your mouth, lungs, and body must practise too. Record yourself on your phone. Keep a small speaking journal. Celebrate small wins. And whenever the fear returns (it will, from time to time), remember that fear is not a stop sign. It is simply energy waiting to be directed.

The world needs your ideas, your stories, and your voice. Let us begin the journey together.

Suman Biswas

Kolkata, India

2026

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