



Lunch webinar  
with Student  
Wellbeing Centre

# Public speaking anxiety

**December 13, 12:10 pm – 12:55 pm via Zoom**

Do you find it difficult to give oral presentations or to speak up in front of a group? Learn more about daring to speak and overcoming your nervousness and fears. The webinar will cover theory as well as practical tips.

Read more and sign up here:

