# Article information:

【お悩み相談】社内プレゼン、緊張で手は震え、心臓は破裂しそう | 大手小町  
<https://otekomachi.yomiuri.co.jp/advice/20230124-OKT8T358508/>

# Article summary:

1. The article provides advice on how to handle stressful situations such as in-house presentations.

2. Film director Momoko Ando shares her experience of overcoming her fear of public speaking and gives tips on how to do the same.

3. She suggests preparing well in advance, expressing feelings out loud, and believing in oneself as ways to overcome nervousness when giving presentations.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article is generally reliable and trustworthy, providing useful advice from a professional film director who has experienced similar situations. The article does not appear to be biased or one-sided, as it presents both sides of the issue equally and objectively. It also does not contain any promotional content or partiality towards any particular point of view. The article does not make any unsupported claims or missing points of consideration, as it provides detailed advice from a professional with relevant experience in the field. Furthermore, the article does not explore any counterarguments or present any risks associated with following the advice given; however, this is likely due to the fact that there are no risks associated with following the advice provided in this particular case. In conclusion, this article is reliable and trustworthy overall, providing useful advice for those looking to overcome their fear of public speaking.

# Topics for further research:

* Overcoming fear of public speaking
* Strategies for public speaking
* Tips for successful presentations
* Techniques for calming nerves before speaking
* How to build confidence for public speaking
* Benefits of public speaking

# Report location:

<https://www.fullpicture.app/item/ed95ebb95a05536ab3d4f0c4c60eea6a>