

Sample Exposure Ladder

1. Imagine yourself speaking.
2. Perform alone.
3. Record yourself and watch it without critique.
4. Perform for a supportive partner or friend.
5. Do a presentation with someone else in front of family or friends.
6. Do a presentation solo in front of family or friends.
7. Join a speaking group or association.
8. Speak in front of strangers in your group.
9. Speak with a partner at a small event.
10. Perform solo at a small event.
11. Continue to grow your audience size and demographics.