

To: Professor  
Ellis  
Form: Pamela Drake  
Subject: Digital Storytelling – Project 3 Podcast – The Fear of Criticism  
Date: March 21, 2016  
Outline

1. Opening (musical)
2. Introduction - Welcome Address and introduce the fear of criticism
3. Segway-Bridge music
4. Vocal Segway -- "Introduce topic 1"
5. Topic 1: The first step in dealing with criticism - Evaluate the person delivering the criticism
6. Vocal Segway--"Introduce topic 2"
7. Topic 2: Detach the criticism from the person delivering the criticism and the environment
8. Vocal Segway--"Introduce topic 3"
9. Topic 3: Decide if and how you can use the criticism by making in constructive instead of destructive
10. Conclusion
11. Closing remarks - Thank the audience and let the audience know how they can contact me.
12. Closing music

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### **Introduction**

Hello and welcome to

Why is it that we get so fearful and defensive when we are criticized?

I use to be defensive and self-conscious when others would comment on my performance and definitely took it personally. Even when it was my boss giving me constructive criticism, it was still difficult to take. And yes, I became discouraged at times and internalized it.

So this episode is about how to handle criticism in a positive way without feeling fearful and discouraged.

I wanted to know how people cope with being criticized so I asked three people about their experience. After all, who hasn't been criticized? Listen to \_\_\_\_\_ of \_\_\_\_\_. Does that sound familiar? Or maybe \_\_\_\_\_ is more like you. Everyone has their own way of coping and while some people may be hardened and shake it off, others live in a constant fear of what people say about them.

Topic 1

When it comes to criticism, the first thing to do is to ask yourself whether the person who is delivering the criticism important to you. We will not take it well if it is coming from someone who is not credible in our eyes.

Lastly, Pamela Drake will paint a picture of how individuals fear criticism, the way in which it affects an individual, as well as ways in which learning to make it constructive instead of destructive. Her exploration into the fear of criticism allows for her to relate to Ms. Stephenson's podcast due to the fact that many of those who fear speaking fear being criticized for their voice. This podcast will reveal the ways in which a professional can understand the differences in critic and how the separate fear from it.