Public Speaking

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OUTLINE

• Introductions
• Psychology of Public Speaking
• Voice
• Coping with stage fright
• Benefits of Public Speaking
INTRODUCTIONS

Easier to hold an audience’s attention than to get it back
Suggested Intros

• Who’s ready for the pop quiz?
• Kim Possible ringtone
• Start off with a joke related to the subject
  • I want H20, I want H20 too and he dies
• Foam fingers – glow sticks
• Compliment someone random in the crowd
PSYCHOLOGY OF PUBLIC SPEAKING

• Confidence- “fake it till you make it”
• Body language- look bigger; expressions
• Eye contact- scan the room
• Environment- be there early
VOICE

• Tone
• Enunciation
• Pace
• Volume vs. Projection
• Words
COPING WITH STAGE FRIGHT

• Prepare
• Everyone makes mistakes
• Visualize success
• Relaxation techniques
COPING WITH STAGE FRIGHT (CONT’D)

Relaxation techniques:
  Deep breathing beforehand
  Visualize Success
  Listen to music
  Get a good night’s sleep
EXERCISE #1

With a partner, take turns presenting something you enjoy for 1 minute (ex: a sport, a hobby, a movie, what you did last night, etc.)
EXERCISE #1

• You are making an announcement for a mock test occurring in MATH 1505 for a tests next week. Please make a 30 second announcement with all of the necessary details.
USEFUL PUBLIC SPEAKING TIPS

• Practice, Practice, Practice!
• Engage the audience
• Be prepared for interruptions
• Be coherent and concise
HOW DOES PUBLIC SPEAKING BENEFIT YOU?

• Confidence building
• Communication skills
• Essential Leadership Skill
• Resume building
EXERCISE #2

Pick a topic from the hat and deliver a one minute impromptu speech on the topic

Remember to use the tips given throughout the presentation
WATCH YOURSELF

Record yourself!
Video

- https://www.youtube.com/watch?v=bbz2boNSeL0
THANK YOU!