



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 H₂O, I want H₂O 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!

