



“Talk the talk” & “Walk the walk.”

10 sure ways to excel with your public speaking.

- 1. Practice.** Sounds obvious right? Think about it – if you’re in a band, you rehearse. If you’re are a personal trainer, you train. If you’re a speaker – or have a speech / presentation coming up – **SPEAK!** You don’t need a studio or any particular place to go, the mirror will be fine or talk into your phone. Personally – I practice most of my speaking in the car!
- 2. Just do it.** Find a reason to speak publicly. We can read every book on public speaking but if we’re not using the skill, we’ll lose it! Don’t let the work go to waste! Propose a toast at an up & coming event, deliver a presentation at work, agree to mentor someone – find an occasion to give a speech.
- 3. Prepare your environment.** Prior to any presentation / speech (if you are able,) make sure your audience are going to be comfortable. Comfy chairs, natural light, ventilation, near by toilet / refreshment facilities. When certain needs / human emotions are met – your audience will be far more willing (and able) to engage. Things like no access to a toilet & uncomfortable chairs will mean full attention & focus won’t be on you. For more information on “Maslow’s hierarchy of needs” visit: <https://bit.ly/38oFLmS>
- 4. Acknowledge nerves.** – It’s fine to be nervous. Everyone gets nervous before a speech / presentation. Anyone who says they don’t is probably lying! With training & practice – these nerves can be massively harnessed to improve your performance.

5. **Rationalise fear.** While no one wants to forget their words, struggle with pronunciation, fall flat with a punch line or completely lose track – ask yourself this question. What’s the absolute worst that can happen? What do you really stand to lose? Are lives at stake? Stay grounded – it’s a speech ;0)

6. **Slow down.** A tendency when speaking in front of people is to speed up. Get all of your points across as quickly as possible. Make a conscious effort to speak slower. It’ll sound un natural to you at first but consider this – your audience probably don’t know how you talk day to day. Make your “home voice” and “speaking” voice 2 separate voices. Speaking slower will also enable you to have better control of your breathing.

7. **Use your hands.** Have a look at your favourite speakers / celebs / presenters. Look closely – you’ll see they all have a unique way of accenting certain words & phrases with their hands. Using your hands can really help you to exaggerate & accent certain points. It’s also pleasing visually. It’ll make your presentation much more interesting & engaging then just talking with your hands by your sides.

8. **Eye contact.** Whether speaking in front of 5 friends, or a large group / auditorium – each member deserves to be “involved.” This doesn’t need to be an over the top gesture but be sure to make brief eye contact with as many of them as possible. Really show that you are talking “to” them & not “at” them.

9. **Use pauses.** We’ve already spoken about slowing your talking down. Now make sure to prolong your pauses a little. This goes a long way to building suspense where necessary & can emphasise certain points. From an audience point of view, it makes for a more entertaining / emotional talk. It’ll make your speech longer too ;0)

10. **Volume.** Very important. Is there going to be a microphone? Do you need one? Can you be heard? Make sure you liaise with the venue before-hand. Being under prepared can leave you flustered and panicky. Some people are naturally more softly spoken than others however, you need to be heard. Speaking slower will actually also enable you to speak louder.

Hope you’ve found this helpful Buddy! Have you taken our public speaking quiz?

<https://bit.ly/39rB4Ku>

Need more help? Book a free 15 minute “Talk the talk” call with Ash (aka Buddy) now!

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