# TOASTMASTERS

# 10 Tips for Successful Public Speaking



#### Looking to become a better speaker? Here are proven tips on how to give better presentations:

- Know your material. When giving a presentation, you should know more about the subject than you include in your speech. Use personal stories and conversational language to help you remember what to say.
- Practice, practice, practice! Rehearse out loud with all equipment you plan on using and revise your speech as necessary.
- Know the audience. Greet some of the audience members as they arrive. It's easier to speak to a group of friends than to strangers.
- Know the room. Arrive early, walk around the speaking area, and practice using the microphone and any visual aids.
- Refax. Ease tension by doing exercises. Transform nervous energy into enthusiasm.

- Visualize yourself giving your speech. Imagine yourself speaking, your voice loud, clear, and confident. Visualize the audience clapping—it will boost your confidence.
- Realize that people want you to succeed. Audiences want you to be interesting, stimulating, informative, and entertaining. They don't want you to fail.
- Don't apologize. If you are nervous or encounter a problem in your speech, refrain from saying sorry the audience probably never noticed it.
- Concentrate on the message, not the medium.
  Focus your attention away from your own anxieties and concentrate on your message and your audience.
- Gain experience. Experience builds confidence, which is the key to effective speaking. A Toastmasters membership can provide the experience you need in a safe and friendly environment.

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Toastmasters meet in the morning, the afternoon, or in the evening in communities and corporations all over the world. No matter where you live, work, go to school, or travel, you are likely to find a club near you. For meeting locations in your area, visit www.toastmasters.org/Find.

Interested in sponsoring the Toastmasters program in your company or starting a new club within your community? Visit www.toastmasters.org/StartAClub for more information.

# **Effective Public Speaking Essentials**

**Clifford Lane** 

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