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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Effective Public Speaking Essentials

Yijin Wang

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