

# Ten Top Tips for Effective Public Speaking

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## Ten Top Tips For Effective Public Speaking

### 1. Breath and Smile

Breathing Relaxes

Breathing focuses the mind

Smiling connects to others in a positive way

**! Visualize yourself speaking confidently**

*“Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure.”*

*-Oprah Winfrey*

## 2. Get Attention

- Startling statement
- Interesting statistic/quote/picture
- A question to the audience

! Grab attention and you're on your way

### 3. Feel the body

- Think about your posture – relax your shoulders, feet hip width apart
- Be open – don't cross your arms or legs
- Be yourself

**! Body language is important**

### 4. Be Energetic

- Variety in Voice
- Pause for Effect
- Use the space/movement

! Movements should have purpose

## 5. Have Structure

- Introduction
- 3 Main points
- Conclusion

! Think about your messages: what would you like the audience to take away

## 6. Structure for Advocacy

- Describe the problem in the most dramatic way
- Propose an ideal alternative
- Have a clear call for action

**What do you want your audience to do? What change are you asking for?**

## 7. Tell A/Your story

- Personal Experience helps the audience to connect with you

! When telling a story, use Who, What, When, Why, Where



## 8. Include a visual aid

- An Object
- Flipchart
- PowerPoint

! A visual aid is just that: you are still the main event

## 9. Maintain eye contact

- Look at your audience
- Person at a time or in sections
- Find a friendly face

**! Remember your audience wants you to succeed**

## 10. Add a touch of humour 😊

- Lightens up a serious speech
- Hard to be bored when smiling
- Embarrassing moment you can laugh about

! Poke humour at YOU not the audience

### More preparation

- Consider your audience
- How many? What age? What professions? Etc.
- Arrive early and familiarize yourself with room

**! Preparation is key**

## The 3 Ps of Public Speaking

**Firstly,**

- **P** practice with a friend

**Secondly,**

- **P** practice on your own

**Finally,**

- **P** practice in front of a camera

**! Connecting words are useful!**

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### The 3 Ps of Activism

**P**repare

**P**romote

**P**rotect

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*“The Skill to do, comes with doing...”\**

*\*Cicero.*