

FINDING MY VOICE

Public speaking can feel intimidating, but with the right approach, anyone can become a confident speaker. Whether you're addressing a small team or a large audience, a few key strategies can make all the difference. Master these essentials to make your next speech memorable and impactful!

BODY LANGUAGE

Body language matters because it communicates confidence, credibility, and connection beyond words. By mastering your body language, you can convey openness, making your presentation not just heard but felt.

Use Gestures Naturally: Use your hands and body movements to emphasize points, but keep them controlled.

Make Eye Contact: Engage with different parts of the audience to make each listener feel included.



Use Key Points: Limit to 3-5 main ideas to keep it memorable. Structure your speech to ensure your message is clear and impactful.

Keep it Simple: Start with a strong introduction, develop your key points in a logical order, and finish with a compelling conclusion to leave a lasting impression.



SPEECH

A well-organized speech helps guide your audience through your main points, making it easier for them to follow along and retain information.

Practice, Practice, Practice

Rehearse Out Loud: Practice in front of a mirror or record yourself to work on body language and tone.

Get Feedback: Try to do a presentation with friends or colleagues and be open to their input.



PUBLIC SPEAKING

DO THIS NOT THAT

- 1 Be specific
- 2 Make pauses
- 3 Play with your voice
- 4 Prepare
- 5 Make eye contact and gestures

- 1 Avoid filler words
- 2 Don't rush
- 3 Avoid monotone speaking
- 4 Don't read word-for-word
- 5 Don't ignore body language

PUBLIC SPEAKING SKILLS

Preparation

Practice in front of a mirror before your presentation



Body language

Don't be afraid to use gestures to emphasize your points



Vocal variety

Speak slowly and pause with punctuation.



Audience engagement

Make eye contact with the audience



Personal examples

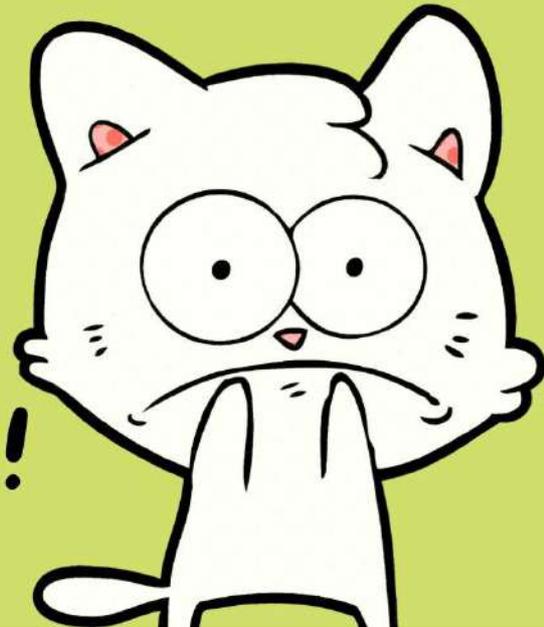
Don't be afraid to use humour in your speech



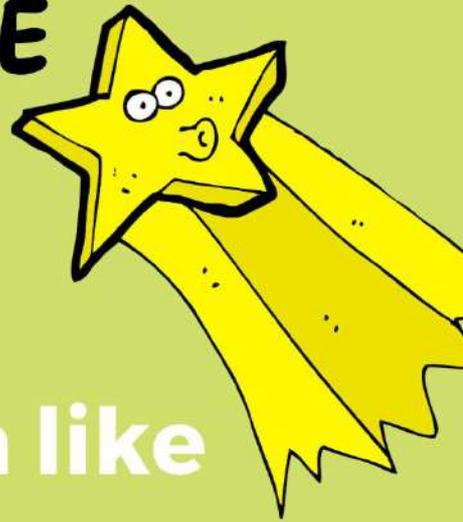
PUBLIC SPEAKING NERVES:

Your body's unique way
of suggesting 'Maybe
let's just email this
instead?'"

OR MAYBE NOT!



PREPARE LIKE YOU'RE PLOTTING A HEIST



Practice like you've
never won; perform like
you've never lost.

Rehearse until you could
present in your sleep—then
you're ready for any surprise.

BREATHE LIKE YOU'RE NOT ON A ROLLERCOASTER

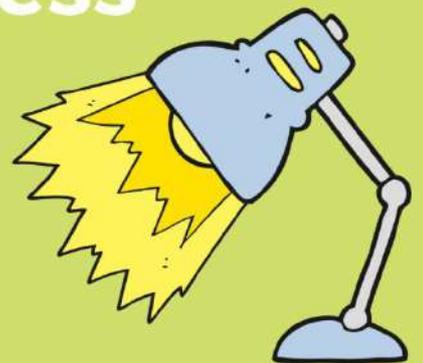
Slow, deep breaths trick your body into thinking everything's chill—even if you're not.



Bonus: It keeps you from sounding like a winded marathoner.

GIVE YOUR INNER CRITIC A TIMEOUT

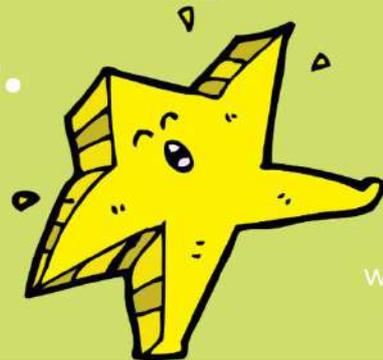
Replace “What if I mess up?” with “What if I totally nail this?”



Remember, your inner critic's probably over-caffeinated anyway.

CHANNEL A CONFIDENT ALTER EGO

Pretend you're someone
who loves public speaking
—like Beyoncé.



Would Beyoncé be nervous?
Nope.

END WITH A MIC-DROP MOMENT

Wrap up strong with a memorable line or a quick summary—think boom, nailed it vibes.



Even if there's no actual mic to drop, walk off like there is!

YOU DID IT!

**You showed others that
yes, surviving public
speaking is possible!**

