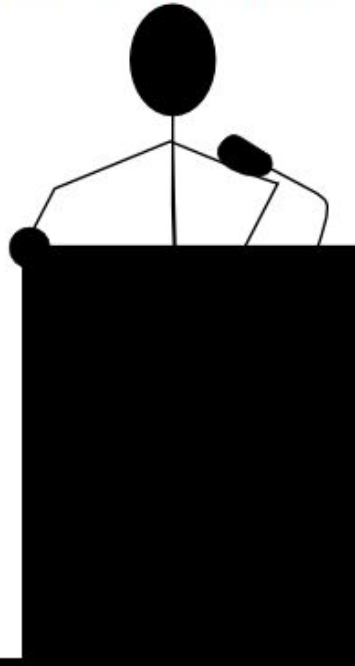


PUBLIC SPEAKING

How to Make a Presentation



Знакомо?



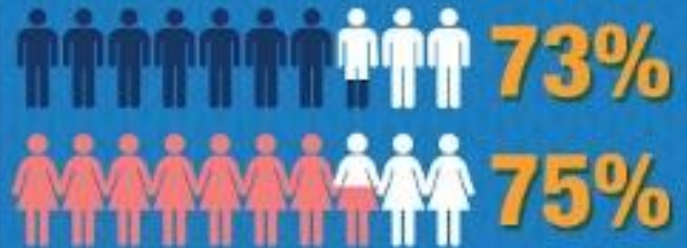


FEAR OF PUBLIC SPEAKING

ALSO KNOWN AS GLOSSOPHOBIA



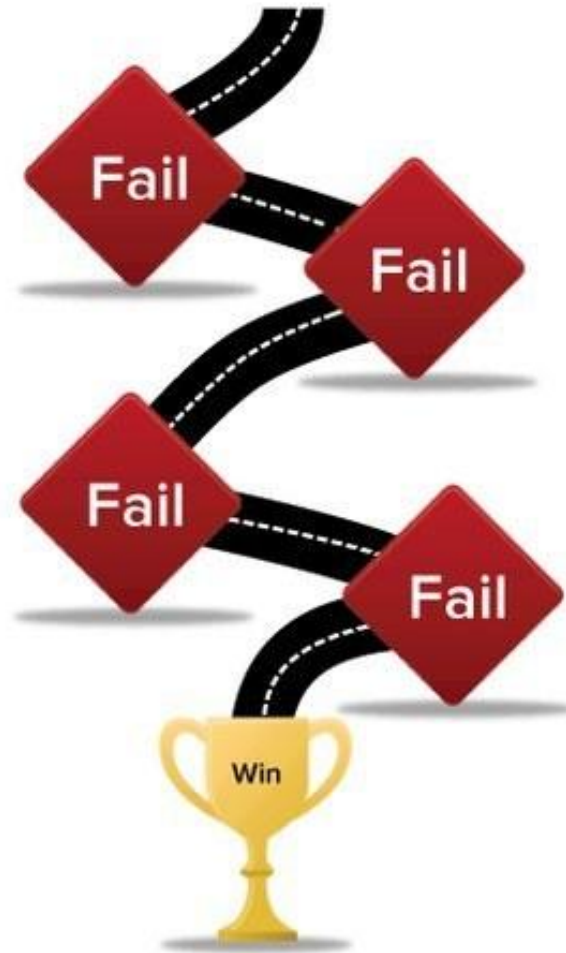
74% OF PEOPLE
SUFFER FROM
SPEECH ANXIETY



What Most People Think



What Successful People Know



Triple-P Method

Step 1

Practice

Practice

Practic

©

Useful tips

1. Know **what** you are talking about
2. Know **how** you are going **to present** it
3. **Rehearsal** is necessary
4. **Record yourself** to find some mistakes
5. Join any **Public Speaking club**



The best plan

1. Hook intro
2. Supporting evidence
3. Powerful conclusion



Step 2

Postur
e an
Physicalit

Do

- Make eye contact
- Open your chest and arms
- Stay calm and use small gestures
- Point directly on the screen and turn your head to the screen as well
- Take water if allowed

Don't

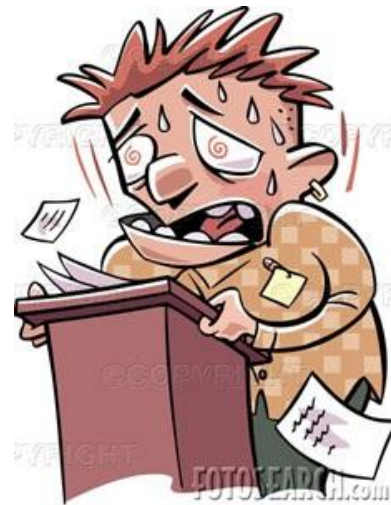
- No heavy meals before your speech!
- No showing off your anxiety
- No fear
- No word swallowing

Step 3

Pander
to your
Audience

How to keep the audience in your palm?

- Don't be too serious
- Don't read off your notes all the time
- Keep up with your natural speed

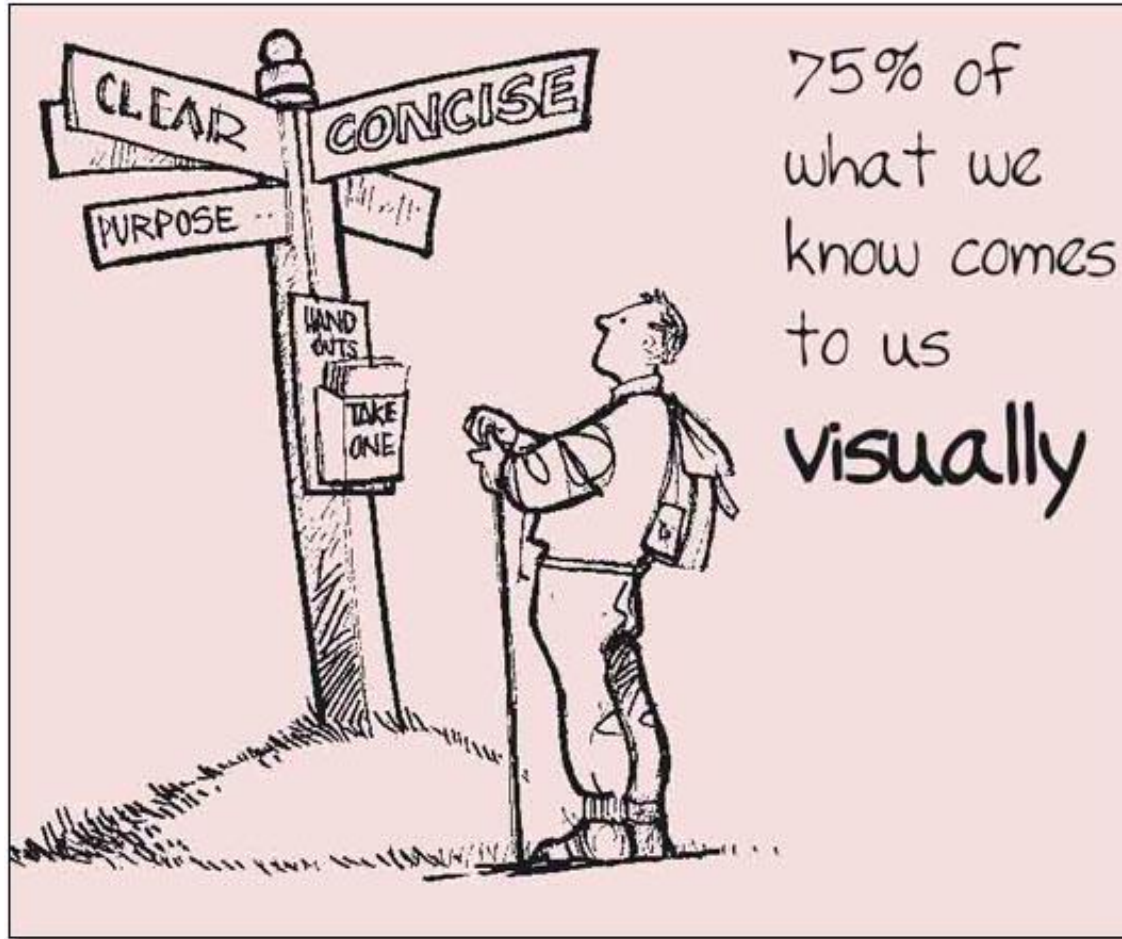


BEFORE

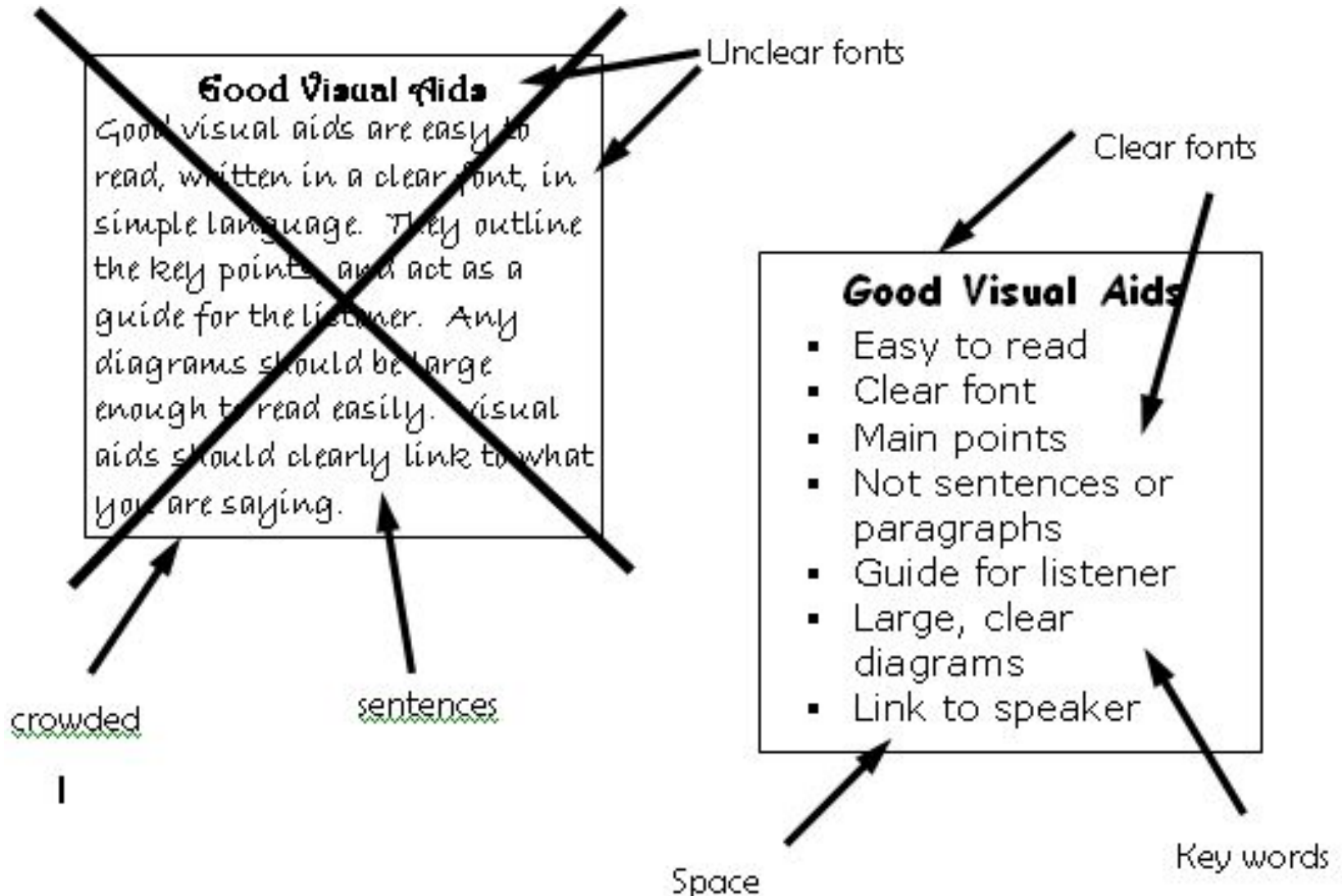


AFTER

Visual aids



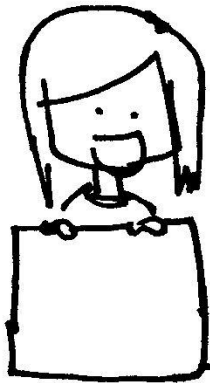
Do not forget about these rules!





PUBLIC SPEAKING:
IT'S NOT AS HARD AS YOU THINK

WHAT I LEARNT TODAY



Public speaking
DOES NOT
necessarily
result in hurling,
anxiety attacks
and death!

