Beat the Beast of

Public Speaking

Created By

Jada Hall & Caroline Steliotes

Presented by:

Caroline Steliotes and Savanna Hovis

Publⓘc Speakⓘng ⓘs the #1 Fear ⓘn Amerⓘca.

We are trying to change that.

Being Prepared for a Speech

- Know what to wear- be comfortable, but see if you should dress up or be casual

- Know about what you are going to say- if you say an idea, briefly explain how it will work. Do not say something if it is just a random idea that you have not thought through

- Write your speech or write bullet points about the subjects which you will address in your speech

- Know the time you have to give your speech. Plan your speech accordingly.

- PRACTICE- Know what you are going to say

Giving a Speech

- Have good posture

- Give good eye contact- look into people's eyes. Move your eyes around the room, this will catch people's attention

- Try not to show you are nervous if you are. Many people do something while nervous on stage such as rubbing their hands together, or leaning back and forth.

- Use your voice- project your voice, change volume to emphasis, and sound like you care. If you have practiced your speech many times, your voice may make you sound less excited or interested.

- Do not use fillers- this will annoy your audience and make you seem like you do not know anything

- Do not apologize if you make a mistake because the audience probably did not notice it.

- Do not make you speech to long- you will lose your audience's attention

- Thank the audience at the end

"The human brain starts working the moment you are born and never stops until you stand up to speak in public."

~George Jessel

"Be sincere; be brief; be seated."

~Franklin D. Roosevelt, on speechmaking

"Speech is power: speech is to persuade, to convert, to compel."

~Ralph Waldo Emerson

Communicating with others outside of student council

- As a member of student council, your job is to represent the ideas of students in your school.
- Talking to them is extremely important.
- You need to talk to people outside of your group of friends.
- To do this you must have the confidence and willingness to talk to people with whom you do not normally interact.
- Prepare what you are going to say ahead of time, especially if you

Communicating within a council

- When in a student council meeting, the only way to get your idea across is by speaking and sharing this idea with your whole council.

- Think through what you are going to say before you say it.

- Speak only when you are given permission to speak.

- Speak loudly and try to explain your idea or comment as best as possible.

- Realize that some people may disagree with what you are saying, but do not make that a reason to not express your opinions.

Answer the following questions:

What is your public speaking goal?

_____

_____

What do you need to do to improve your public speaking?

_____

_____

Definition of Learning: acquiring knowledge or skill by study, instruction, or experience

Definition of Fun: Something that provides amusement

Definition of PASC: Learning and Fun Combined!

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Evaluation:

Please rate the workshop based on the following categories:

Ice Breaker:

1 2 3 4 5 6 7 8 9 10

Information Given:

1 2 3 4 5 6 7 8 9 10

Closing Activity:

1 2 3 4 5 6 7 8 9 10

Your Interest Level:

1 2 3 4 5 6 7 8 9 10

The Presenters:

1 2 3 4 5 6 7 8 9 10

Overall:

1 2 3 4 5 6 7 8 9 10

Other Thoughts: