

SPEAKING IN FRONT OF A CROWD

For some people this is nothing. For others of us, we would choose major oral surgery without anesthetic over it. Whatever your position, you don't go through life without having to once in a while stand up in front of a group of at least some people. Here are some things that might help ... at least a little:

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

You need to find two opportunities to do some public speaking. This cannot be to your immediate family. It can be on the same subject, if your audience is different.

LEVEL 3

PERIOD 4

TASK 2

1. Expect to get nervous. Most people do, so you are in good company. Now because everyone knows what it is like to get up there, people, for the most part, are very forgiving.
2. Know what you are going to say. Maybe you want notes, maybe you just want to know what you will say. Notes can become a distraction, especially if you try to read them word for word. I personally like to know what I am going to say and use "prompt" words to keep me on track and jog my memory.
3. If you mess up, keep going. You are the only one who knows the script, so are probably the only one who will notice.
4. Practice. Practice in front of a mirror, video yourself, but practice. Believe me, there will probably come a point when you don't need to practice.
5. Focus on the audience. Speak to individuals, especially as you see individuals who are particularly engaged.
6. Have fun. People like to enjoy themselves and enjoyment is infectious. So the more you enjoy it, the more positive your audience will feel about it. Of course, not every speech can be too light-hearted, depending on what you are talking about, but don't be dull.
7. Be confident. Know you can do it and everything else will flow.
8. Slow down. When nervous, we tend to go too fast. Keep it slow and use the slower pace to emphasize points.

