



Public Speaking

Agenda

1. Preparation
2. Delivery
3. Follow-up

75 %

Source: NBCNews Health

Preparations

Goal Setting

1. Mission

Help audience to prepare for their "educate the crowd" talks

2. Outcome

a) More people sign up to hold a talk

b) Future presentations will be more engaging

Talking Points



- Why is this topic important?
- Key take-aways
- Make flashcards

1 minute before the talk

- Stride around
- Stand tall and extend your body
- Breath deeply



Delivery

Attitude

Think of the talk as a conversation



Body language

- Steady and open posture
- Watch your hands
- Feet towards the audience



Eye contact

- Increase credibility
- Be more conversational
- Less filler words
- Feedback from the audience



Follow Up



Ask for Feedback

Key take-aways

1. Know what your goals are
2. Think of the presentation as a conversation
3. Steady stance and eye contact help you and the audience