

From Stage Fright to Spotlight

Strategies for Impactful Speaking



By Sondee Lima



Did you know that 77% of people experience some level of anxiety when speaking in public?

“Courage is not the absence of fear but the triumph over it.”

- Nelson Mandela

Public Speaking Triad

CONTENT



DELIVERY

VISUALS

CONTENT

- Topic
- Audience
- Information
- Organization

Topic

- What do I want my audience to know, do, or feel at the end of my presentation?
- What do I already know, and what do I need to learn?
- How much time do I have to present?
- Within the time and audience requirements, can I cover the topic?
- How complex should my presentation be?

Audience

- What does my audience want or need to know about this topic?
- What does my audience know now?
- How does my audience feel about this topic?
- How can I make my content relevant and interesting to my audience?

Information

- Where can I get the information I need?
 - Personal Experiences and Stories
 - Research and Statistics
 - Expert Opinions and Quotes
 - Books and Articles
- What kinds of information will best support my points?
 - Stories and Analogies
 - Practical Examples
 - Visual Aids
 - Logical Structures

Organization

Which organizational structure is most logical for my content and audience?

- Chronological
- Cause and Effect
- Compare and Contrast
- Problem and Solution
- Persuasive
- Order of Importance
- Sequential

Tell ‘em what you’re
gonna tell ‘em,

tell ‘em,

tell ‘em what you
told ‘em.”

DELIVERY

- Attention Step
- Nonverbal Points
- Vocal and Verbal Points
- Strong Close

Attention Step

Get the audience's attention up front!

- WIFM
- Statistics
- Anecdotes
- Photographs
- Charts
- Questions
- Audience participation



Nonverbal Points

First, True, and Lasting Impressions

- Appearance
- Posture
- Facial Expressions
- Eye Contact
- Gestures
- Movement





Managing the Symptoms of Stage Fright

Dry Mouth

1

- Drink room-temperature or warm water.
- Don't drink milk, soda, alcohol, caffeine or sugar.
- Lightly coat your teeth with Vaseline
- Bite the tip of your tongue.

Sweating

2

- Apply talcum powder or cornstarch to hands and body before presenting.
- Carry a handkerchief.

Red Splotches

3

- Wear red or pink colors.
- Wear blouses with high necklines.

Shaky Voice or Hands

4

- Project your voice to the back row of the audience
- Remember to gesture.

Pounding Heart

5

- Take a few deep breaths.

Wobbly Legs or Knocking Knees

6

- Move around.

Vocal and Verbal Points

If you sound interested, you'll sound interesting.

- Filler words
- Vocabulary
- Vocal variety and expression
- Humor

Strong Close

DO

- Review main points
- Make a statement with impact
- Encourage questions
- Say “Thank you”
- **SMILE!**

DON'T

- Avoid questions
- Show relief
- Fade away
- Porky pig



VISUALS

What media and techniques are available to enhance my delivery?

Which types of visuals will clarify and/or support my content?

What media and techniques are available to enhance my delivery?

- Video
- Music
- PowerPoint
- Handouts
- Real Objects

Which types of visuals will clarify and/or support my content?

- Graphs
- Charts
- Photographs
- Maps
- Spreadsheets
- Diagrams

Speech Examples

- ▶ [Bad Public Speaking Example 1 - YouTube](#)
- ▶ [Bad Speech Example - YouTube](#)

Public Speaking Triad

CONTENT



DELIVERY

VISUALS

Next Steps

Public Speaking

Group Coaching: Toastmasters

www.toastmasters.org

I belong to 5-Star Toastmasters



Private Coaching: Your Money Gal, LLC

info@yourmoneygal.com

321-412-7350



Free Business Coaching

weVENTURE WBC

www.weVENTURE.org

321-674-7007

