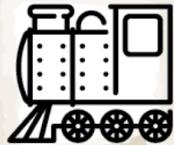


# PAST-TIMES



**Speak in public**

# Module 1, Unit 4 : Work on your ability to speak in public

*Tips to speak in public*



# Introduction

Build your intervention taking your **target audience** into account. In fact, you will not speak the same way to an assembly of youngsters or to the board of a company.

**Write your main ideas** on a pad. Use bullet points, not full sentences otherwise you will be tempted to read it out loud.

Be Yourself!

Here are some tips that can be used when providing advises to someone who wants to increase his/her ability to speak in public.

The following presentation will provide few key ideas to go deeper

# Read texts aloud

Take your favourite novel, open it and read a paragraph aloud to get used to the **sound**, the **modulations**, the **rhythm** of your voice. Get used to reading them a little louder, to varying the volume, to learning to speak louder without distracting you

# Twist your tongue!

- ▣ Do simple diction exercises (you can find a lot of them on the internet).

*Example: Six sick hicks nick six slick bricks with  
picks and sticks.*

# Do relaxation exercises



- ❑ Before speaking in public, do breathing relaxation exercises. You can find a lot of example on the internet!

# Find your punchline !

- ▣ Find your essential message. Your "attack". Your end. And how to open the debate, if a debate is planned.

# Rehearse !

- ▣ Rehearse. Several times. In different ways. Repeat the entire procedure. Or only the key points. Repeat the beginning. Repeat the end ( but... don't repeat too much either, so as not to lose your naturalness and any desire to repeat, once again, a speech that you hate because you have repeated it too much... )

# Just before the moment

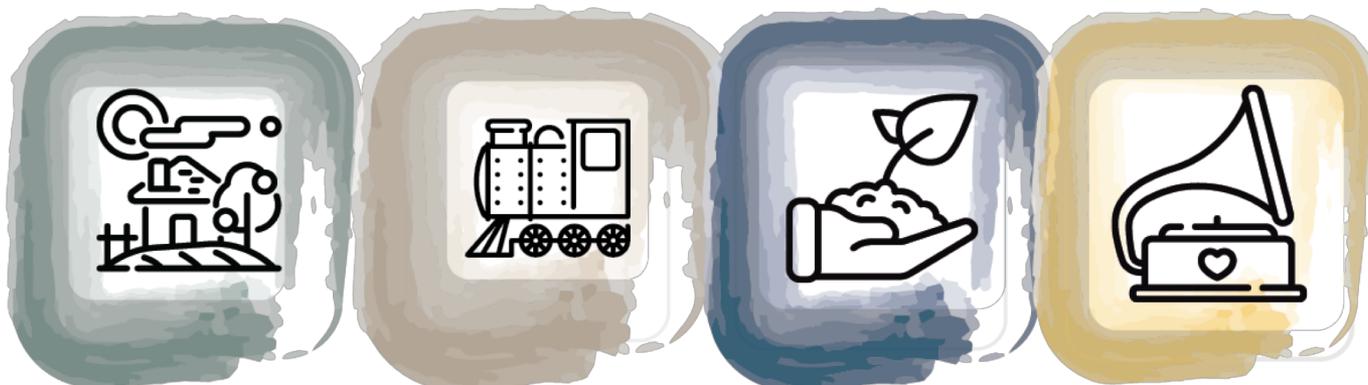
- ▣ **Warm up your voice** by talking a little if you haven't talked much that day yet.
- ▣ **Make a few movements** to relax the muscles that are tightened with stage fright (neck, shoulders, arms...) And a few faces to relax your mouth and face
- ▣ Plan a **moment of calm**

Thank you for your  
attention

*Any question?*



# PAST-TIMES



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