

Speak with Confidence



Participant
Workbook

Overcome Fear of Public Speaking

- A _____ the right questions
?
?
?
- A _____ the positive outcomes
- A _____ imperfection



- **Physical exercises before your stage time**

Take deep breaths

Warm up all your muscles

I am _____, _____, and _____
prepared! Dong.....Qiang!

Structure Your Speech

- **Opening with a BANG**

Question

Quotation

Story

Statistics

Activity

- **Body**

“PREP” structure

Pendulum structure

Problem-Solution structure

- **Closing with Impact**

Summary

Quotation

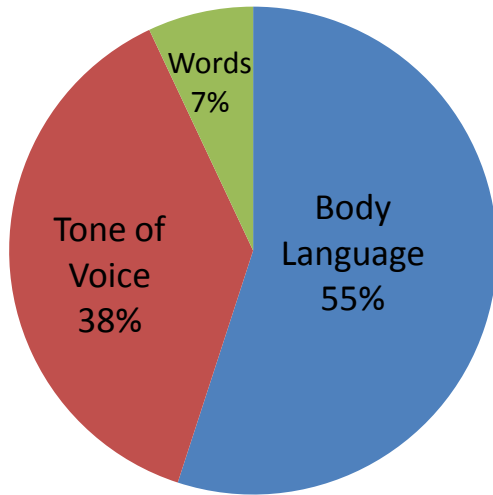
Call to action

Basic structure of a speech



Deliver with Confidence and Ease

- **Communication Components**



- **Your Body Speaks**

Stance



Movement



Gestures



Eye-Contact



Facial Expressions

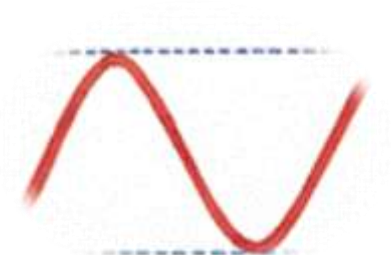


- **Vocal Variety**

Volume



Pitch



Speed

