

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**

- **Opening with a BANG**
 - Question

- **Opening with a BANG**
 - Quotation

- **Opening with a BANG**
 - Story

- **Opening with a BANG**
 - Statistics

- **Opening with a BANG**
 - Activity

- **Body**

- **Body**
 - “PREP” structure

- **Body**
 - Pendulum structure

- **Body**
 - Problem-Solution structure

- **Closing with Impact**

- **Closing with Impact**
 - Summary

- **Closing with Impact**
 - Quotation

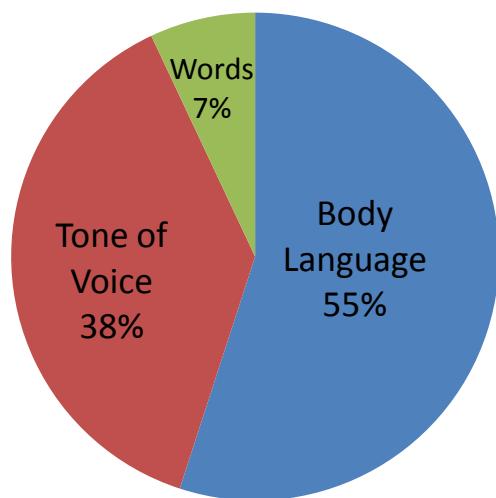
- **Closing with Impact**
 - Call to action

Basic structure of a speech



Deliver with Confidence and Ease

- **Communication Components**



- **Your Body Speaks**

Stance



Movement



Gestures



Eye-Contact



Facial Expressions

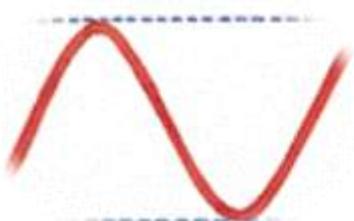


- **Vocal Variety**

Volume



Pitch



Speed

