



PVLEGS



Because public speaking is a thing



It is a truth universally acknowledged that...

- Pretty much everyone gets at least a little nervous when it comes to public speaking
 - Nervous our ideas aren't good enough
 - Nervous about what people think of us
 - This is especially hard when it comes to speaking in front of peers or betters

...But there's hope!

- “Fake it ‘til you make it” has been scientifically proven to work ¹
- Knowing the qualities of a good verbal presentation can help

1. https://www.youtube.com/watch?v=Ks_Mh1QhMc

The Six Qualities

- Poise
- Voice
- Life
- Eye Contact
- Gestures
- Speed

Poise

- A calm confidence
 - All about appearances
 - Recognize nervous ticks & stop them
 - Be intentional about stance, movement, & posture
 - Gain control right at the start
 - The hardest part of a presentation is starting

Voice

- Three parts
 - Volume
 - People need to hear you
 - Enunciation
 - Pronounce words carefully & deliberately
 - Avoid odd vocal patterns
- Be intentional

Life & Eye Contact

- Life
 - Add emotion & passion
 - Emphasize certain words/phrases for effect
- Eye Contact
 - Look at people to draw them in
 - Avoiding eye contact makes you look disinterested or nervous

Gestures

- Natural conversation includes some movement
- Three kinds
 - Hands
 - Gesture naturally
 - Face
 - Relax
 - Body
 - Open yourself up
 - Turn your torso to face audience

Speed

- S L O W D O W N
 - Nerves make us talk faster
- Use speed to enhance your points
- Pause for effect
- Don't be afraid of silence
 - Pause instead of filling it with "ummmmm..."

Help each other out!

- Visual feedback from the audience goes a long way
 - Nodding
 - Smiling
 - Making eye contact