

CHRISTINE'S 5 TIPS TO IMPROVE YOUR SPEAKING SKILLS



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SLOW DOWN

Maybe it's because I'm from New York City – where everybody walks fast, talks fast and thinks fast. One thing I've learned by listening to hundreds of presenters is that you really don't have to talk so fast to get your points across.

Develop a pace that is uniquely yours. If your message is clear and succinct, they will listen. You will be heard.





THEY CAME TO HEAR YOU

It's not the other way around. A co-worker gave me that advice when I was expressing anxiety before a presentation several years ago. Surveys show that public speaking is still a highly ranked fear amongst adults. It ranks right up there with death.

The fact that you are willing to stand up there and speak about your favorite topic puts you ahead of the pack. Own it.

BRUSH YOUR HAIR



Let's face it, when you look better you do better. You have more confidence when you look your best. This does not mean that you must conform to a cookie cutter conservative outfit to be accepted. Be comfortable with your appearance and it will shine through during your speech.



REHEARSE

You finally got the audience scheduled and negotiated your fees. Don't get too caught up in the logistics of your event. Review your notes and be comfortable with your speech topic.


Make sure your points flow nicely from one to another. Rehearsing does not require that you memorize your speech word for word. However, you should value every opportunity to share your message. Rehearse your speech making note of awkward phrases, humor and timing.



SMILE

Use the facial expression that matches the content. In general, smiling helps you feel more comfortable and reduces your tension, especially when you're nervous about delivering your speech....

Smiling boosts your confidence, making the audience see you as competent and attractive. If your topic is Navigating Hospice Care in California, you want to pass on the big ole toothy grin and give a warm, comforting smile.



*This corporate trainer, public speaking coach, and cancer survivor
wants you to know that you matter.*

*Contact Christine for a free 30 minute session to help you present
what matters most - you!*

*For personalized guidance with your presentation skills, contact
Coach Christine at christineh1040@gmail.com or [www.
powerhousemotivations.com/coachchristine](http://www.powerhousemotivations.com/coachchristine)*

*Group sessions and individual coaching are available. Get started
today!*