

Empower your Public Speaking

Do you believe public speaking can make an impact?

Step 1

Nerves are normal

Turn them into excitement

Be and feel excited. Your brain can't differ from nerves or excitement. choose excitement.



Step 2

Begin with the end in mind

Know your end goal for your audience. What action do you want them to take?

Step 3

Work backwards

Now you have the end goal, you can work backwards. Use 1 to 3 main points for your content and then create an attention grabber introduction.

Step 4

Provide value in your speech

Use your main points to add value with step by step information for your audience. Remember it's about your audience and not you!

Step 5

PPP

Practice.
Practice.
Practice
your speech.



SPEAKING STYLES

Empower Inspire Change

+61 438 464 044

✉ melanie@speakingstyles.com.au

🌐 speakingstyles.com.au

Inspire with storytelling



Do you believe your story could help make a difference in other peoples lives?

Step 6

Storytelling

Stories are like movies: beginning, middle, end. Start here!

Step 7

Stories are about challenge or conflict

Memorable stories are relatable stories. Think of a vivid memory and why is it vivid? Does it make you feel something?

Step 8

Emotions

Take your audience on a journey. Relive the story as you speak and share it. Feel the emotions as you speak the story to enable your audience to feel and connect with you.



Step 9

Characters

All stories have characters. Paint those characters in the minds of your audience that challenged or helped you in the story.

Step 10

Be conversational

Share your story as a conversation as though it is to a friend or family gathering. This will help with nerves and enable you to be yourself to connect with your audience.



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Be the change

Do you believe communication is important in connecting and engaging with people?



Step 11

Start strong

Use a quote, statement or question to grab your audience.



Step 12

Engage and connect

Use eye contact and body language to speak and connect with people.



Step 13

Breathe

Remember to breathe. Big belly breaths before speaking will calm the mind and body. Continue to breathe through your belly throughout to help bring clarity and project your voice.

Step 14

Facts tell, Stories sell

Share stories and images to paint an emotional picture.

People thinking pictures

COFFEE vs



"Transformation begins when you spread your wings and fly."

It's time to share your story!"

Step 15

End strong

Call to action, closing statement, take home message. Go back to your end goal to close with confidence.



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