

## The Better Speaker Series

# Take the Terror Out of a Talk

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**We've all experienced it...**



**Stage fright is common to all speakers who are concerned about their performance.**

# The Advantage of Fear



**Stage fright is  
valuable...**

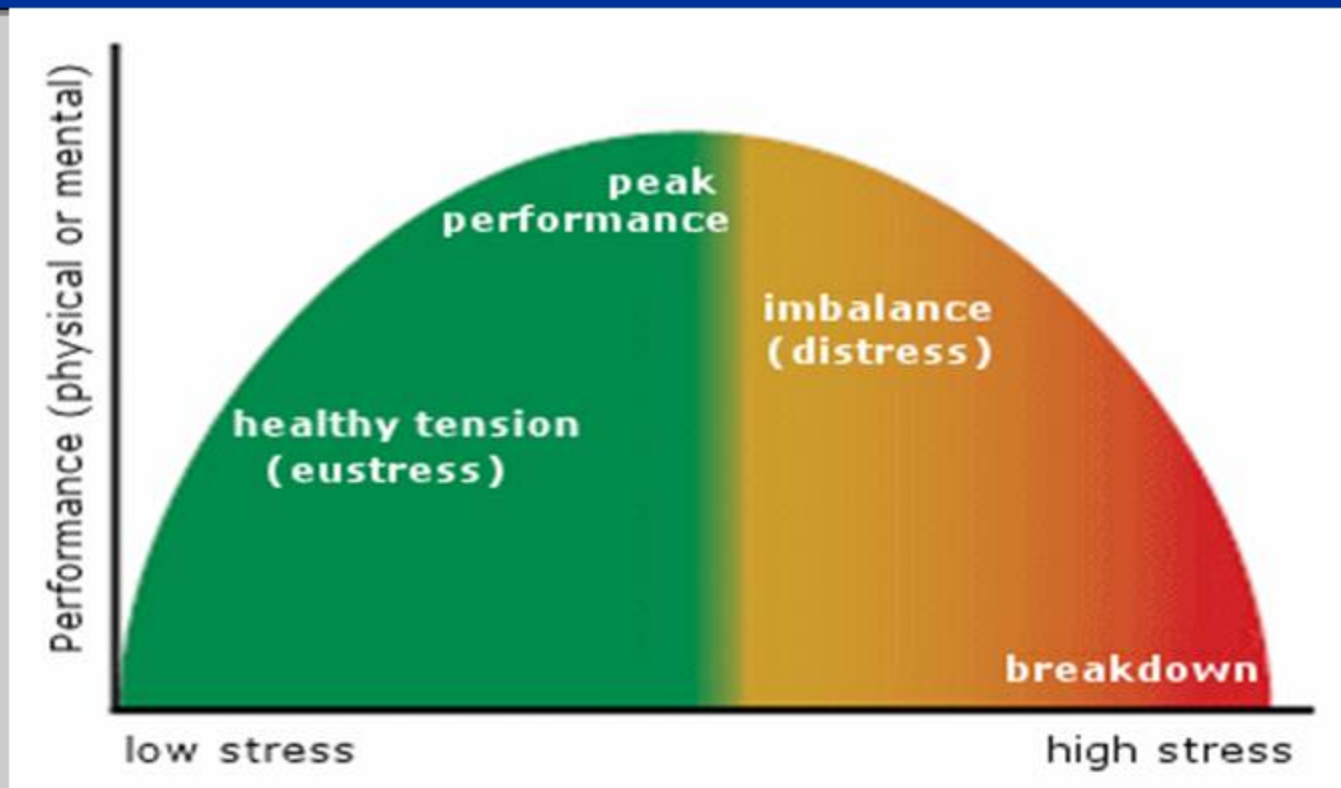
**If used properly.**



*The key is learning to control it.*

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**Use the adrenalin to your benefit**



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# Mental Rehearsal



- Nervousness is normal
- Audience don't know
- They want you to succeed
- Remember role models
- Short memory

# Experience...



- Practice
- Know the subject well
- Know the audience
- Arrive early
- Have a back-up plan
- Visualize positive feedback

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# Relaxation Technique



- Exercise ??
- Most comfortable dress
- Comfortable seating
- **Deep breathe**
- Drink water

# Enjoy a Wonderful Voice!

Breathing from the diaphragm reduces shortness of breath and supports your voice.



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# Some personal experience

- Audience are equal to you
- Get deep into the topic
- Focus on people with positive response
- Rhetoric questions
- Connect to audience



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# Three point plan

- Mental Preparation
- Experience
- Physical Relaxation



**Q & A**

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### Quotes on Public Speaking

**"Once you get people laughing, they're listening and you can tell them almost anything."**

**- Herbert Gardner**

**"You can speak well if your tongue can deliver the message of your heart."**

**- John Ford**



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