

# Public Speaking Starter Guide

A Kingdom Leadership Vault Expanded Resource

## **Why Public Speaking Matters**

Strong leaders communicate clearly. Public speaking builds confidence, leadership presence, and influence.

## **Overcoming Fear**

Fear fades when preparation increases. Practice, prayer, and repetition help youth speak boldly and with clarity.

## **Basic Structure of a Speech**

1. Opening Hook 2. Main Points (2–3) 3. Personal Example or Story 4. Closing Call to Action

## **Voice & Body Language**

Use eye contact, controlled breathing, steady pacing, and open posture. Speak with confidence, not speed.

## **Practice Activities**

- Introduce yourself in 30 seconds
- Tell a 1■minute story
- Explain something you love
- Teach a simple skill

## **Leadership Challenge**

Prepare a 2■minute talk on: 'What leadership means to me.' Practice three times and present to a peer or mentor.