

## Public Speaking

Who is your coach today? Renato Estacio – 30 years of public speaking as a host, announcer, guest speaker, and presenter

What is public speaking?

- Examples:
  - Speaking in Class
  - Talking in groups
  - Presenting at a conference
  - Presenting in general

## Preparation

- Mental (focus, bullet points, rest, research)
- Physical (support of breath, enunciation, slowing down and feeling the beat)
  - Speaking physically – using the whole body, using breath energy, breathing live into each phrase
  - Want versus need
- Emotional (topics can be draining, topics can require more listening, topics can be emotionally charged)
- Content (knowing the content, knowing your audience)
- Practice (practice your intro, practice with note cards, write out, write it in big letters with cues)
- Topic – something you enjoy or can speak on. Learn the topic and its relevance

## Opening

- Relevance to the audience and why you are doing it

## Delivery

- Well practiced and deliberately delivered

## Closing

- Recap, acknowledgements, and thank you