

BEING AN AUTHENTIC SPEAKER

BY ERICKA KELLY

Authenticity is when you do and say the things you actually believe.

Simon Sinek

HOW DO YOU KNOW WHEN SOMEONE IS AUTHENTIC?







THEY SHOW THE MESSY PARTS OF THEMSELVES (VULNERABILITY)



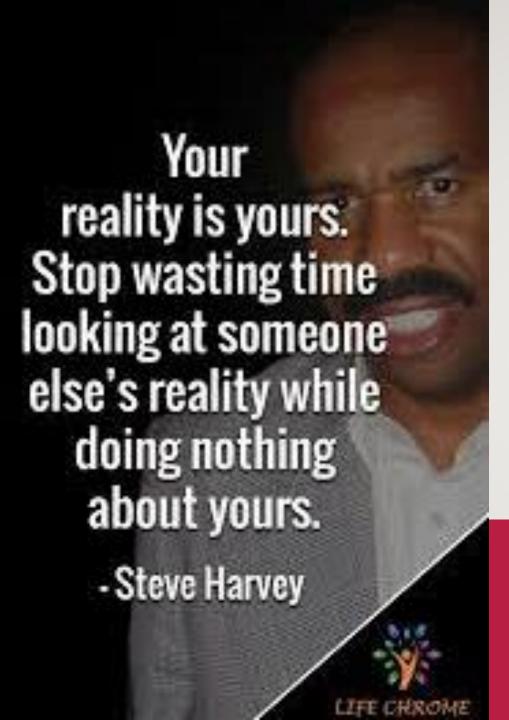
THEY ARE CONSISTENT



THEY DEMONSTRATE RESPONSIBILITY



THEY USE DIRECT COMMUNICATION



BE YOU!

SELF-AWARENESS IS CRITICAL IN AUTHENTICITY

Be aware of your own behavior by:

- Recording yourself on a video device
- Have a outside party give you constructive criticism
- Practice, practice, practice!



HOW TO BE AN **AUTHENTIC SPEAKER**



Intentionally open yourself up to your audience



Purposely connect with your audience



Be passionate about your topic



Show your true self through your words, your body language, and your voice



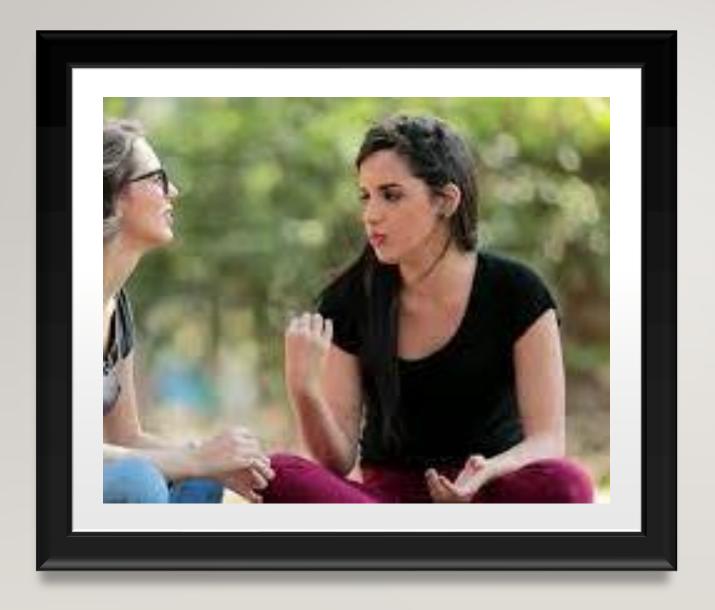
Know your values



Speak with emotion

Admire people, watch them closely, study what they do well, learn from their mistakes, but don't become them!

Ericka Kelly



TIPS TO BE AUTHENTIC IN INTIMATE SPACES

Telling someone a secret or listening intently? Use **The Intimate Space.**

- Body language and gestures are smaller
- Eye contact is more direct
- Tone of voice is lower, quieter and more subdued
- More contained emotion

TIPS TO BE AUTHENTIC IN RELAXED SPACES

Chatting casually with friends?
Use **The Relaxed Space options below:**

- Eye contact is not as concentrated/intense
- More volume, melody and color in voice
- Gestures flow more naturally
- Relaxed body language and inclusive



TIPS TO BE AUTHENTIC IN PERFORMANCE SPACES



Delivering a speech or presentation?
Use **The Performance Space**.

- Speech and <u>body language</u> is bigger and more formal.
- Gestures are structured
- Volume of voice increased
- More pauses, emphasis and hooks



Speaking to an audience of hundreds or thousands? Use **The Transformational Space**.

Everything you do must be bigger and bolder.

Gestures more pronounced

Everything is said with intent



AUTHENTICITY IS ABOUT CONNECTING TO YOUR STORY

- Make your listeners see what you see a feel what you feel.
- Be open to telling the difficult parts of your life to strangers.



HOW CAN YOU USE IT TO BECOME MORE AUTHENTIC?

