

# 51 Powerful P's of Public Speaking

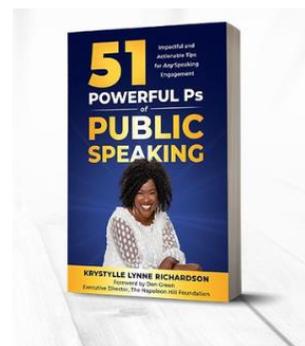
## WORKBOOK PAGES

# 51 POWERFUL P's *of* PUBLIC SPEAKING

Impactful and Actionable Tips for  
Any Speaking Engagement

by

**KRYSTYLLE L. RICHARDSON**

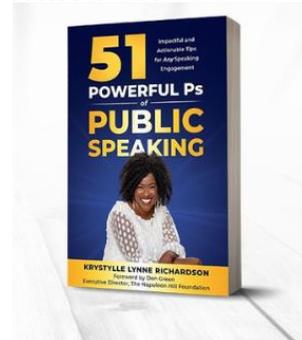


# 51 Powerful P's of Public Speaking

## WORKBOOK PAGES

Instructions for use:

- Be open minded, do not overthink, keep your thought processes simple
- Read each chapter and evaluate where you are with perfecting that particular element
- Use the worksheets as needed to exercise your learning
- Make copies of any and all pages as needed to use throughout the book
- Do the exercises and attempt to get the most out of the learning points by filling in the sheets, asking people for input, contemplating your skill level, and outline action plans to improve
- Group the powerful P's in a way that helps you to maximize your learning
- Take to actions you have outlined & evaluate yourself over time
- Determine if you have progressed in your power as a public speaker
- Ask for others to help evaluate your progress
- Pick a stage or a conference to try out your newly acquired power, ask for feedback, incorporate what makes sense and leave the rest for another day
- Be bold and try the Powerful P's that you have never tried
- Never feel like you have arrived, keep growing
- Keep the learning mode mindset – fill in your “attempt #” and keep growing
- Everyone will have an opinion, remember to make up your own mind on things that you need to work on, use comments as inputs
- Share your excitement, email success and or questions to Krystylle at [KrystylleRichardson.com](mailto:KrystylleRichardson.com)



# 51 Powerful P's of Public Speaking

Powerful P: \_\_\_\_\_

Page # in book: \_\_\_\_\_

Date: \_\_\_\_\_

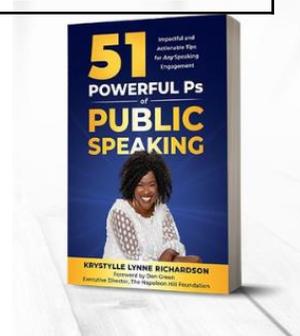
Attempt #: \_\_\_\_\_

## Instructions:

Several of the powerful points and positions have challenges with various numbers of steps. Fill this out to help you navigate the challenge.



Step # and Description	Action you have taken based on the step outlined for the exercise	Self assessment and improvement notes
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		



# 51 Powerful P's of Public Speaking

Powerful P:

Page # in book:

Date:

Attempt #:

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Guess 1: \_\_\_\_\_

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Guess 2: \_\_\_\_\_

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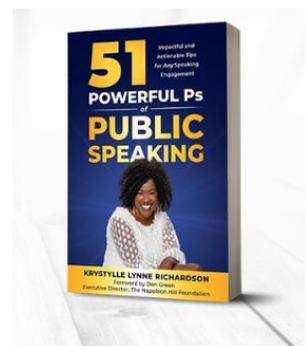
Guess 3: \_\_\_\_\_

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# 51 Powerful P's of Public Speaking

Powerful P:

Page # in book:

Date:

Attempt #:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## ACTION PLAN

Issue: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Why should I work on this? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What is my desired outcome? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Steps to work on this – list top 3 to 5 steps: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# 51 Powerful P's of Public Speaking

**Powerful P:**

**Page # in book:**

**Date:**

**Attempt #:**

\_\_\_\_\_

This must be done by (timeframe/date): \_\_\_\_\_

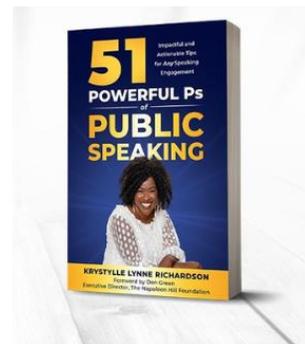
\_\_\_\_\_  
\_\_\_\_\_

If this does not happen, what is the negative effect: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I proclaim that I will: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# 51 Powerful P's of Public Speaking

Powerful P: \_\_\_\_\_

Page # in book: \_\_\_\_\_

Date: \_\_\_\_\_

Attempt #: \_\_\_\_\_



Stop where you are in this book. Time to practice.

Pick 3 of the Powerful Public Speaking Ps

Write what it is about these 3 that you want to perfect

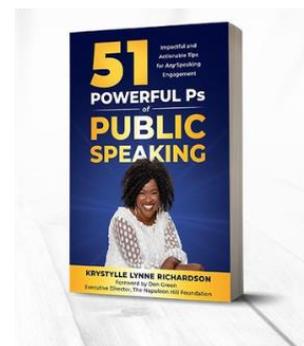
Practice 7 times over a set period of time

Each time, take notes and adjust as needed

Determine your score or have others determine a score

Are you getting better each time?

Powerful Public Speaking P		Score (1-10)	
Date:	Practice # :		
1.			
2.			
3.			







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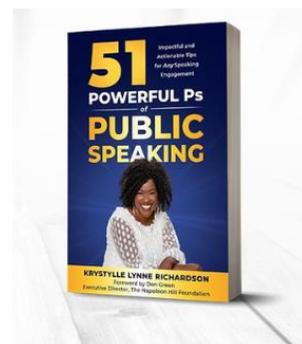
Introducing ...



**PPSI = P1 + P2 ... + P51**  
**For each "P" rate yourself honestly**  
**High Score = 3 and Low Score = 0**

- PPSI ≥ 137 = Powerful Public Speaker [PPS]
- PPSI = 122 to 136 = Great Public Speaker [G3]
- PPSI = 107 to 121 = Good Public Speaker [G2]
- PPSI < 107 = General Public Speaker [G1]

The  
Powerful  
Public  
Speaking  
Index™



# 51 Powerful P's of Public Speaking

Here is the general overview of the index and how the scoring works.



Decide to utilize the checklist of the 51 Powerful Ps. Use the rating system of 3 being the highest score and 0 being the lowest. Do not allow your mind to get overwhelmed by there being 51 areas to evaluate. Focus on the end goal, being a better public speaker.

Next, read the section of this book that pertains to the Powerful P to be rated, then assign a score in the checklist. Copy this scoring page and use it as often as needed. Pick a few of the Powerful Ps to score yourself on and also record the date. Study more on the Powerful P's. Practice some of them by yourself and with family and friends. Maybe even practice some of them during a podcast or small speaking event. Write your score and as stated remember to record the date. Do this every month or after every practice. Is your score getting better each time? If yes great. Do not be too hard on yourself but do be honest with yourself. Self-honesty during this evaluation is a must. I would love to hear about your progress. Feel free to send an update or two to the contact section of [krystyllerichardson.com](http://krystyllerichardson.com). The goal is to know where you are starting from, then determine what is needed to increase your knowledge and skill to get to the next level. Coaches help with this. Practice is your biggest weapon and tool. Nothing can propel you further than DOING. The key is doing what you need to do, with a plan



# 51 Powerful P's of Public Speaking

and a clear understanding of the desired end result. It is very important to know where you are, what you need to do, and where you want to go. Understanding how to outline an improvement plan using these three concepts will allow you to grow leaps and bounds. Using a system to learn and assess progress wins over scattered, haphazard approaches every time.

Now that we have learned a bit about the PPSI™, let us go back and use it to evaluate Power Positions 1, 2, and 3. For Power Position 4, 5, and 6 the scoring block will be right after the chapters.

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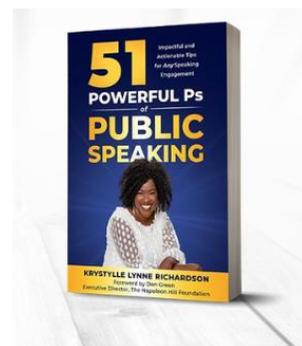
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# 51 Powerful P's of Public Speaking

Powerful P:

Page # in book:

Date:

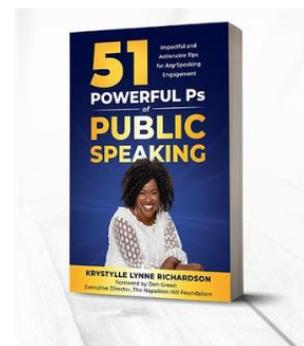
Attempt #:

\_\_\_\_\_



Let's think bigger. Pick 10 Powerful Ps to work on rather than the usual 3.

Powerful P - Page #	One Word Description of the Powerful P	Index Rating
1 Page #		
2 Page #		
3 Page #		
4 Page #		
5 Page #		
6 Page #		
7 Page #		
8 Page #		
9 Page #		
10 Page #		
<b>TOTAL</b>	<b>Write total score here</b>	









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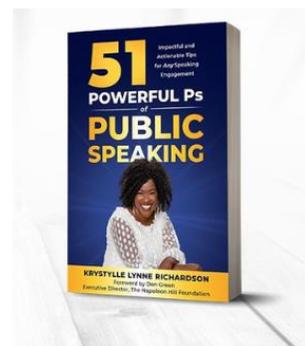
Powerful P:

Page # in book:

Date:

Attempt #:

Life Story Challenge – Try your hand at writing an engaging and inspiring life story.

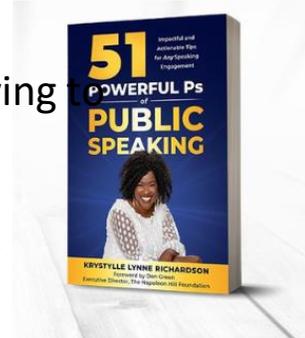


# 51 Powerful P's of Public Speaking

## WORKBOOK PAGES

Instructions for end of workbook:

- Did you remember to keep an open mind
- Did you try a new technique or two or more that you have never tried while speaking
- Did you attempt to utilize the tips for various types of speaking scenarios rather than the main one you do all of the time
- Did you pair up powerful P's to give maximum impact for a specific speech you were working on
- Did you gain any quality inputs when asking others to help score you
- Did you do any of the Challenge pages to further your understanding and skill level
- Did you try doing these exercise alone and in a group for even more inputs, fun and growth
- Did you utilize any of the tips on stage and have someone record it on video to share with Krystylle and others
- Did you see that there is a "PSA" Power Speakers Association forming – and do you want in - joining other speakers for growth and impact and monetization
- Did you remember to make copies of the worksheets as many times as needed to utilize for as many attempts as needed to grow your skills – did you email Krystylle if you had suggestions for improving worksheet experience
- Do you feel more Powerful after working on your skills here
- Did you share your excitement, by emailing your success and or questions to Krystylle at [KrystylleRichardson.com](mailto:KrystylleRichardson.com)

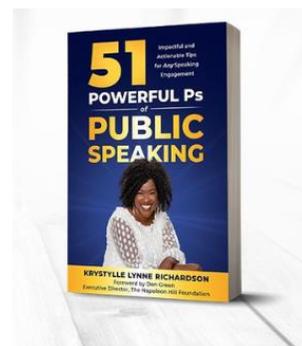


# 51 Powerful P's of Public Speaking

## ENGAGE & WIN

Instructions for how to engage and win:

- Join us in the PSA Power Speakers Association FB Page, MyGlobalSummit FB Page, plus more social medial outlets to come, and share your successes, questions and power
- Join us in the PSA and get on local and global stages live and online with us and our affiliates
- Join us and be featured in our of our Life Innovation Global Magazines and inquire about our streaming TV network – say you read about it here and receive a discount code (some restrictions apply)
- Post pictures of you and the book on your personal pages, and tag me Krystylle Richardson on FB, iamkrystylle on IG, do a tiktok as well, I would love to hear from you
- Put #51powerfulps #51powersandme #iam51strong and tag Krystylle
- Did you share your excitement, by emailing your success and or questions to Krystylle at KrystylleRichardson.com

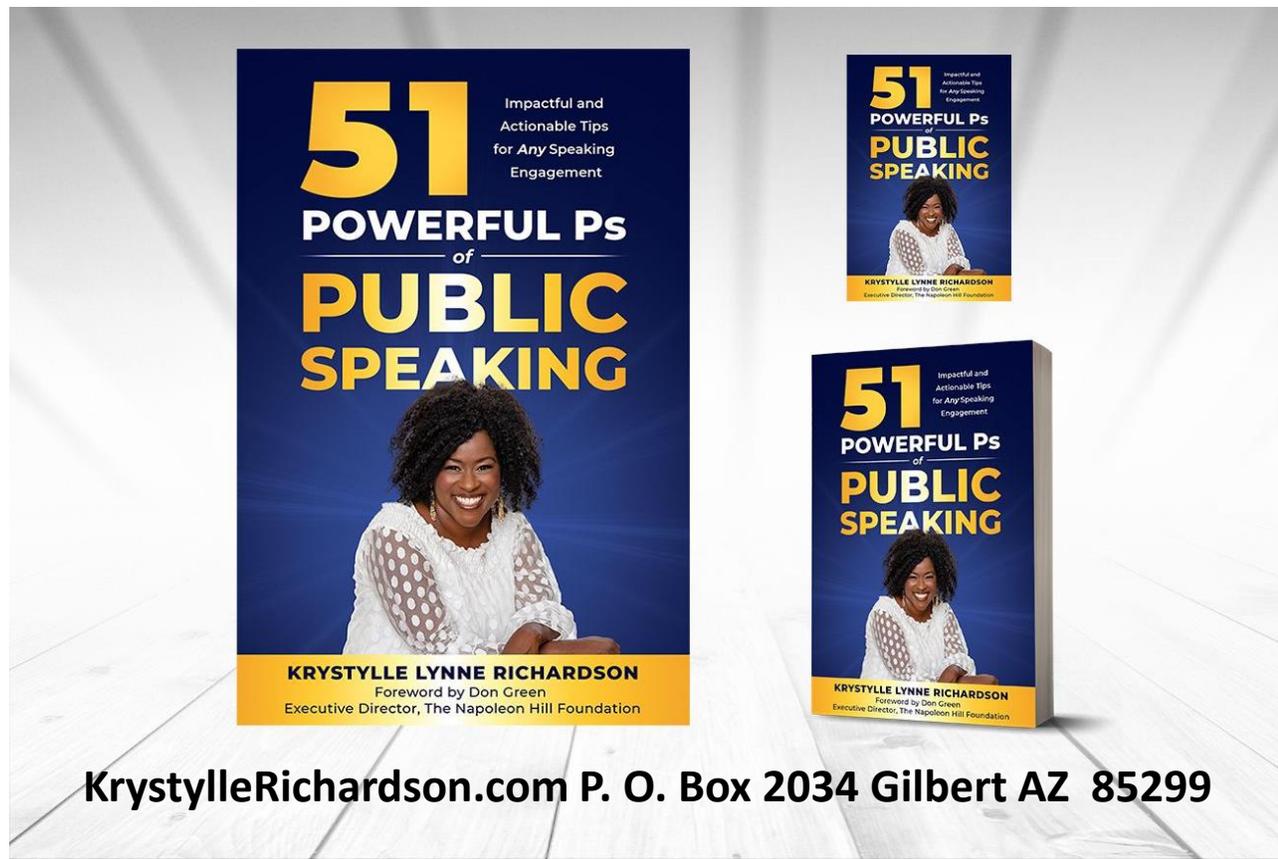


# 51 Powerful P's of Public Speaking

## THANK YOU!

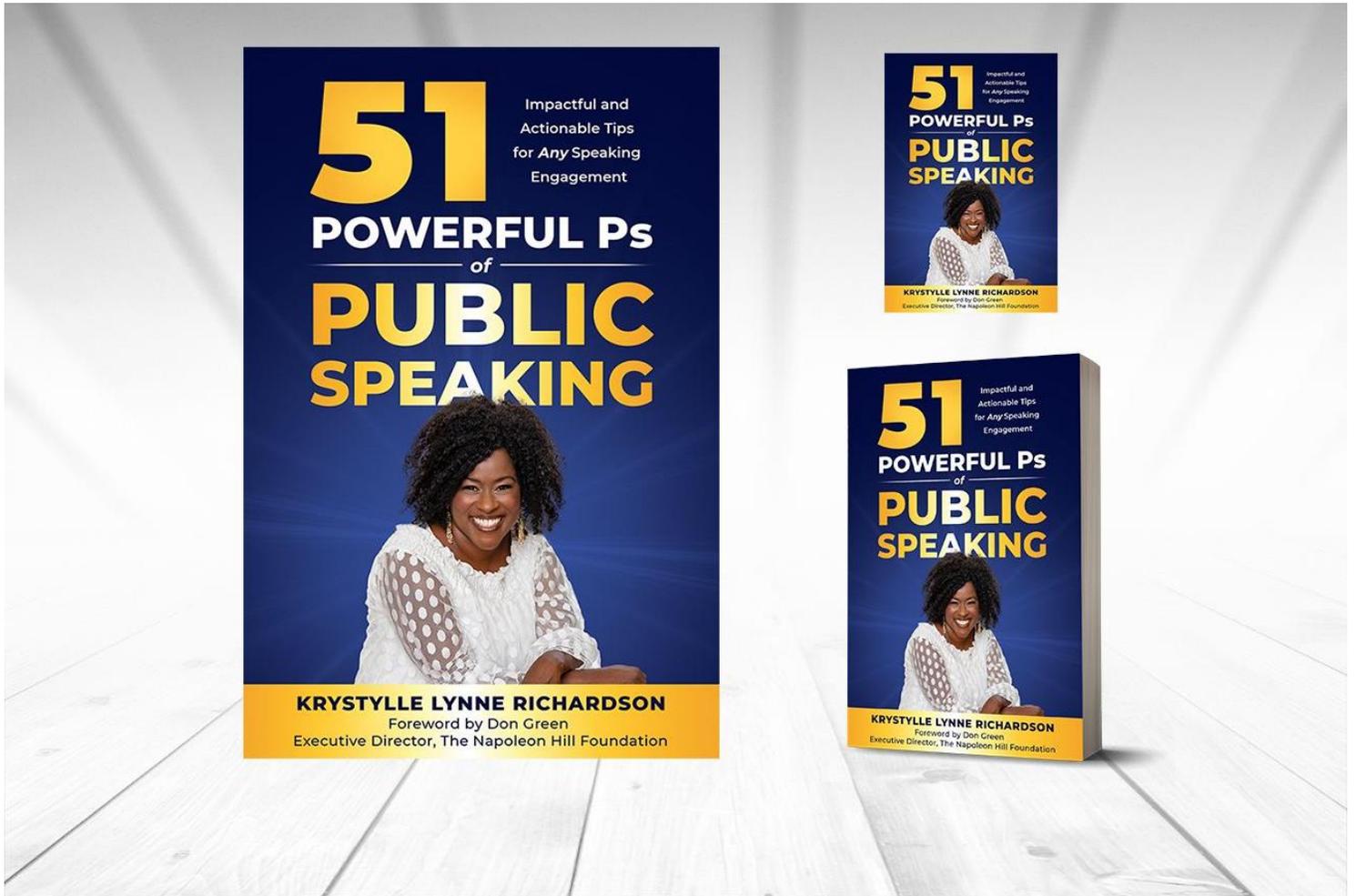
Thank you so much for utilizing our workbook, we hope you got at least one or two fresh ideas on how to become a better public speaker. We hope to hear from you or see your photos, comments, and powerful faces in our social media platforms, oh yes....and see you on our stages. For more info go to [KrystylleRichardson.com](http://KrystylleRichardson.com). Ask how to put your surveys on [StatsCollective.com](http://StatsCollective.com), and feel free to answer any already there. Enhance your knowledge, get more data to reference in your next speech. Ask how. Until then, remember to be kind, remember that public speaking is a tool for you to use to align yourself with greatness, do not fear it, embrace it.

Thanks again and be blessed. Keep RISING.



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