Welcome

We've all been there - either in the crowd falling asleep or in front of others worried about losing their attention.

Public speaking is hard and can be scary. When you have something important to say, the wrong words and nonverbal cues can detract from your message.

There may be a time when being informal helps you connect with your audience but if you are ready to sound more professional and increase the chances that your message resonates, this deck will help you eliminate your **detractors**.

Detractors include filler words such as "um" and "like" or clunky transitions and weak language that can make an audience lose interest or trust in your expertise.

These coaching cards are meant to gamify feedback for public speaking - whether virtual or in-person, for small or large groups.

You may or may not be aware of your detractors, but we can all work to reduce them to communicate more clearly and drive our audience to applause and action!

For advanced practice, audience members can hold the card up in real time to simulate distractions and bring real time awareness to the presenter

5. At the end, presenters say what they did well / could improve then the audience reviews their cards

 4. Players tally for each use of a detractor and add up total points at the end

3. As an audience member hears detractors, they record which word was used and notes about when

2. Audience member(s) lay the category cards out in front of them

1. Have a well-defined topic and time limit for the speaker to practice

Instructions

The Mindset Card Review this card before presenting and keep it in front of you for reminders.

a chance to grow.

Affirmation: This fan't heart surgery or rockets sclence!
We all make mistakes. It's encouraged to laugh at.
yourself. Remind yourself of how you have practiced,
how you have done hard things before and that this is

Poses: Try thrusting your arms above your head like you just won a race. Stand like superman with your chest out and hands on your hips.

we can focus calmly.

space to think and settle the background thoughts so

Meditation: Visualize your presentation and environment. What does success look like? How do you feel? Meditation in general can give our brain space to fhink and settle the background thoughts st

help you to relax.

Breathing: Exhale for longer than you inhale to slow your heart rate. Patterns like Box Breathing, Psychological Sighs and others may also

If you are stressed, it will snow in how you communicate. Try these techniques before presenting and refer to them if you find yourself getting nervous or frustrated with the process.

"qu zeam if l meu zhw" "the audience won't think l'm an expert" "this could impact my career"

Public speaking can fill us with stress and worry.

FILLER

These are some of the hardest detractors to stop ourselves from using.

The brain thinks in thousands of words per minute but a conversation can only be 125!

While casual speakers may find filler words harmless and quick, they can take attention away from your message and make you seem less confident or unprepared.

To reduce your filler words consider practicing what you will say 5+ times and speaking slower.

If you still have stage fright after practice, review The Mindset Card.

FLOW

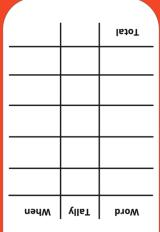
Leading people somewhere new in a cohesive fashion is a form of magic.

If you don't connect your thoughts smoothly, your audience may become distracted trying to link the information or disenchanted from your presentation.

To transition smoothly ensure all your topics have a common link and support one idea. Use a storytelling framework, mind map or 4MAT before getting into any details of talking points or visuals.

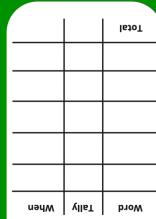
Pause or remain silent if you forget where you are going - it seems longer than it is. Beginning a new sentence can be less distracting than a poor transition.

Try to avoid self-talk if something doesn't go as practiced to avoid distracting with what is, going on "behind the scenes."



like, um, uh, er, OK, I mean

FILLER



alrıght, sooo, which leads me to,

MO7-

FEEDBACK

Is your audience slipping into autopilot?

You might use these words as filler or sneak them in as quick questions in to get engagement.

You may not even pause for an actual answer. Or if you get one you are too focused on what to say next you don't stop to indulge the conversation.

To reduce your need for quick feedback consider how your will involve your audience. Give them activity, time to reflect, or ask intentional check ins

Do not be afraid to pause and sit in the silence. Practice often to feel confident and expose areas where you are speaking for too long or losing your thought.

Weak Words

Your message is a strong as your diction.

While weak language can make you seem approachable, it detracts from your audience's belief that your are knowledgeable, professional and trustworthy.

To reduce your weak words speak slower, exaggerate your annunciation, and be confident in your material.

Make sure you are knowledgeable about your stories and data and that they are believable.

Consider presenting your physical appearance professionally and set the tone in the beginning of your presentation that is strong and direct.

BODY

The body and mind can be each other's best friend or worst enemy. Effective movement can keep the audience engaged, but you have to be careful not to overdo it.

For body language that helps your message, try to keep gestures above the waist, holding them for at least a full second. Keep your feet still and change where you stand as you transition.

Vary your motion by pointing, counting, twisting, varying closed or open hands and facial expressions.

You will want to maintain eye contact with your audience and avoid turning your back to them. This is easy the more you practice. For virtual settings, look into your webcam and consider your frame.

BLANK

This card is for your to keep track of anything else you are noticing as you observe the presentation or to jot quick notes if you are unsure of how to categorize.

You may want to use this to record feedback on:

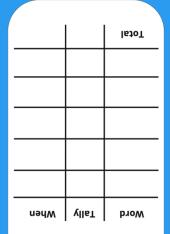
Visuals

Repeated words / phrases

Believability filler "honestly, really"

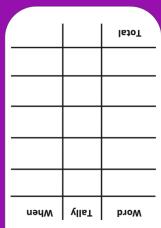
Storytelling

Tone / inflection



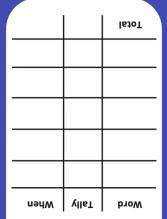
right? alright? you see? OK? Make sense?

FEEDBACK



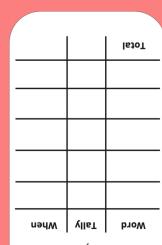
as well as slauß like cool, you guys kinda, sorta, gonna, and such, y'know

Weak Words



movement, posturing, eye contact distracting hand gestures, lack of

BODA



all other feedback

3FYNK