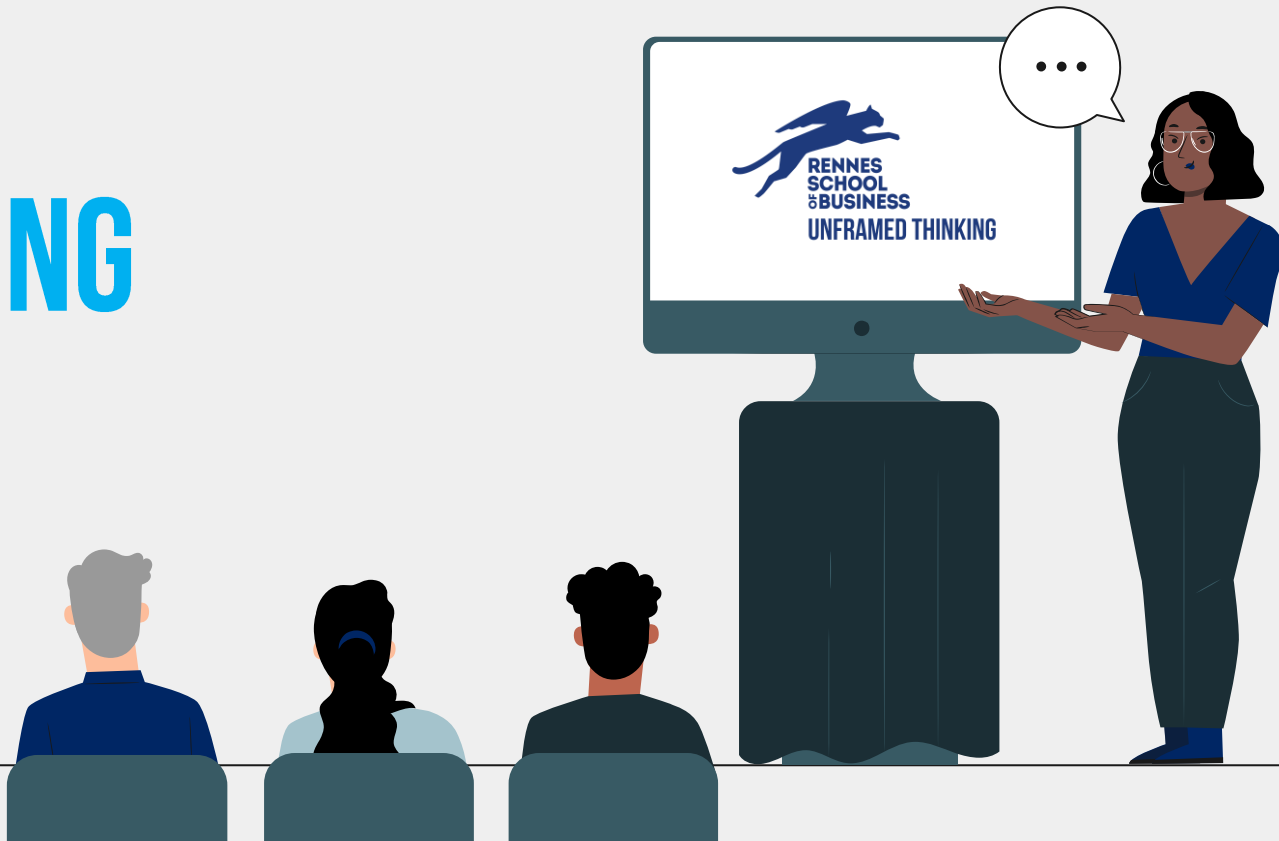


PUBLIC SPEAKING

#STUDENTSREPS2425





YOUR TOOLS

01

Active listening

02

Questioning techniques

03

Nonviolent communication

THE FLOOR IS YOURS!

Icebreaker: your past experiences in public speaking

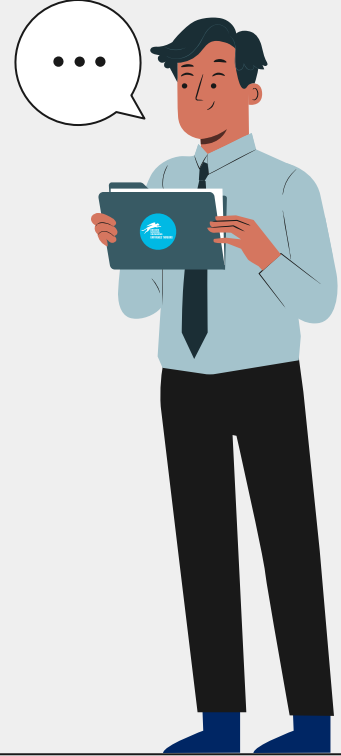


THE GOALS

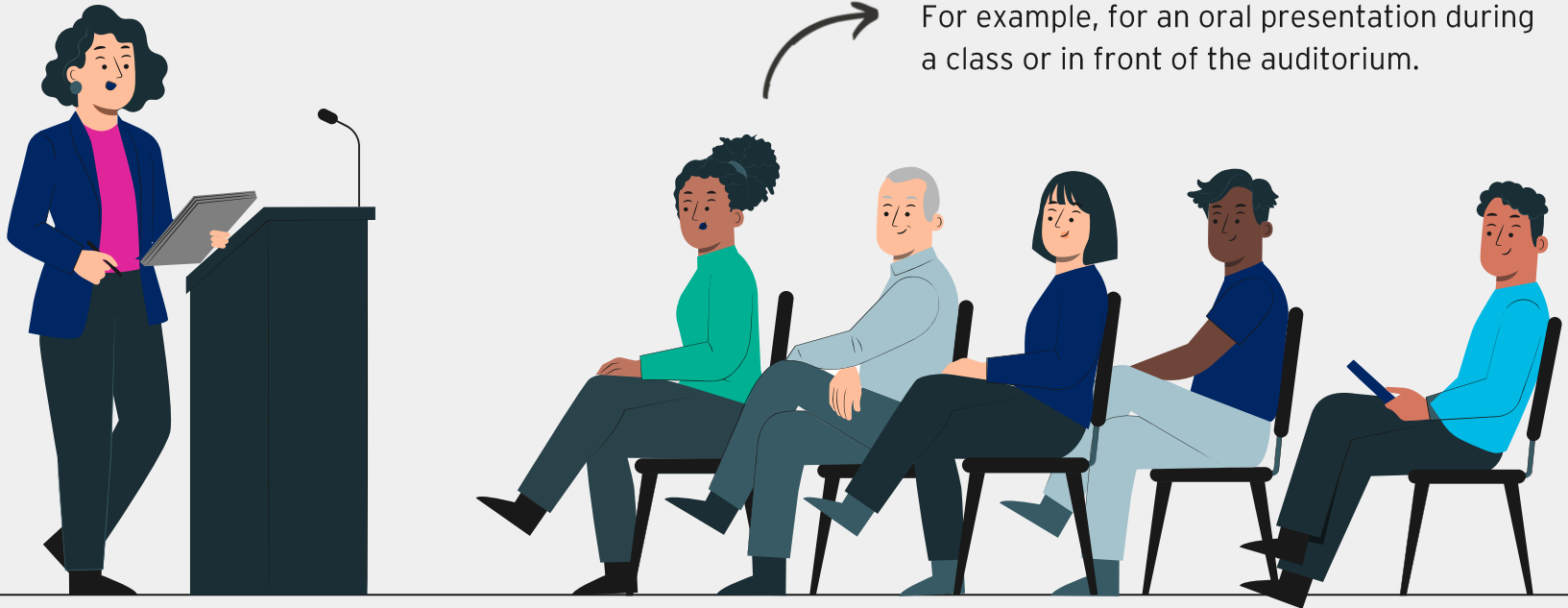
1. Go further in your role as a student representative
2. Continue to develop a professional attitude
3. Giving you keys to feel more at ease



**CAN YOU THINK OF TIMES
WHEN YOU HAVE HAD THE
OPPORTUNITY TO
SPEAK IN PUBLIC?**



SPEAKING IN FRONT OF AN AUDIENCE



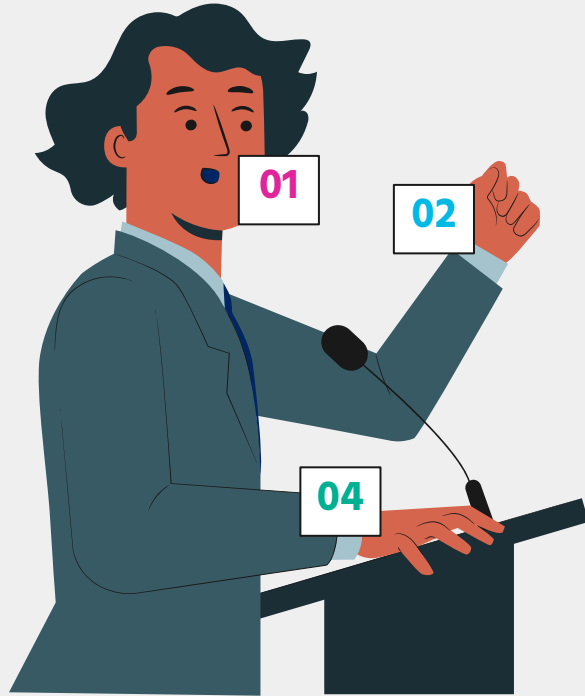
For example, for an oral presentation during a class or in front of the auditorium.

BUT AN AUDIENCE ALSO BEGINS WITH **ONE PERSON!**

For example, during an interview
for an internship



EXAMPLES OF WHAT PUBLIC SPEAKING INVOLVES



01

The content

The statement, the structure, the storytelling...

02

Posture

Body language, posture and voice projection

04

Stress management

Breathing techniques, clumsy gesturing...

BODY LANGUAGE CAN SPEAK LOUDER THAN WORDS

💡 **It's not just about what you say, it's also about how you say it.**



BODY LANGUAGE CAN SPEAK LOUDER THAN WORDS

Arms crossed

Shutting down, protective or uncomfortable. May also indicate disinterest or defensiveness.

Darting eyes

Not looking people in the eye, a fleeting glance, can indicate a lack of confidence or disinterest.



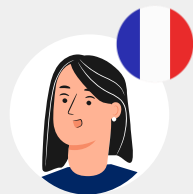
'Playing' with an item

An attempt to cope with stress or to keep your hands busy.

Repetitive movements

Boredom, nervousness or trying to channel energy.

FILLER WORDS



« Donc »

« Genre »

« Euh »

« Bah »



« E... »

« o sea »

« Así que... »

« øh »

« ěto »

« ehm »

« Doch »



« ya'ni »

« Jadi »

« Well »

« Uh... »

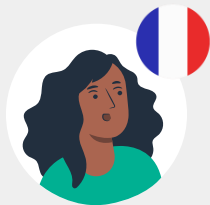
« Like »

« So... »



FILLER EXPRESSIONS

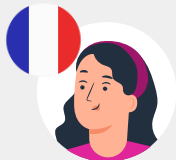
« Voilà, quoi »



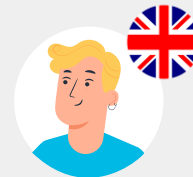
« What I'm trying to say is »



« Comment dire »



« You know »



STRESS MANAGEMENT

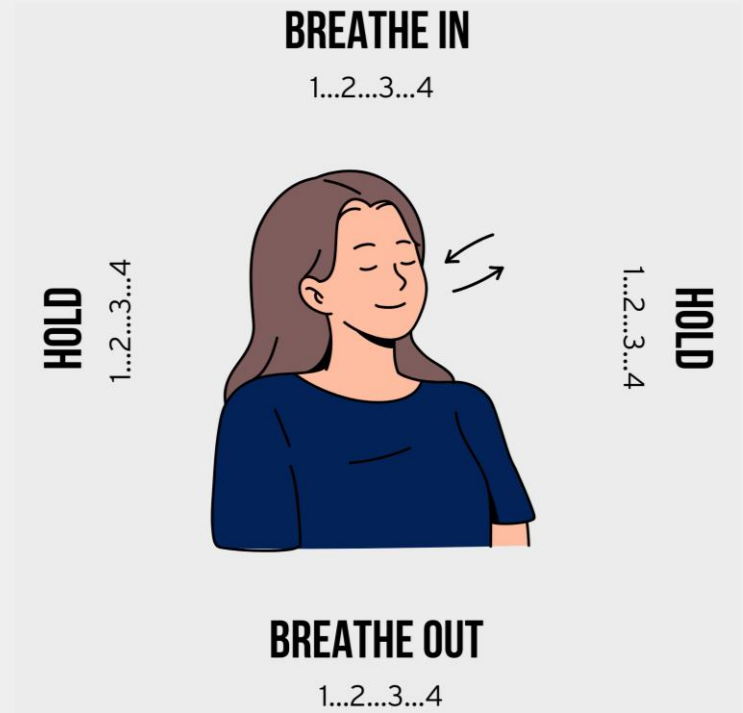



**managing stress levels
is fundamentally
important for effective
public speaking**

STRESS MANAGEMENT: BOX BREATHING

Benefits:

- ★ to cool down
- ★ lower anxiety
- ★ get your focus back on the now



STRESS MANAGEMENT: POWER POSING



2 min =

raise testosterone levels



lower cortisol levels



YouTube



STRESS MANAGEMENT: 5-4-3-2-1 GROUNDING



THE KEY IS TO PRACTICE

Public speaking is a skill



and like any skill



it improves with practice!



GOOD PRACTICES



Avoid



1. Crossed arms, closed and stooped / slumped posture
2. Playing with an item (pen, ring, glasses)
3. Keep your eyes on your notes or the floor
4. Repetitive movements
5. Lack of preparation
6. Low voice and/or fast speech

Prefer



1. Stand open, arms relaxed
2. Keep your hands free
3. Switch between viewing different audience segments to include everyone
4. Anchor yourself firmly in the ground with your legs slightly apart, only move on purpose
5. Take time to prepare and rehearse your content
6. Remember to project your voice and speak clearly

IMPROV EXERCISE

Put it into practice! 🗨️ Choose a situation and practice your speech in front of a group.



Remember our tips!

Debriefing steps:

1. How you felt
2. Student group feedback
3. Our feedback



Thank you!

Any questions?

