

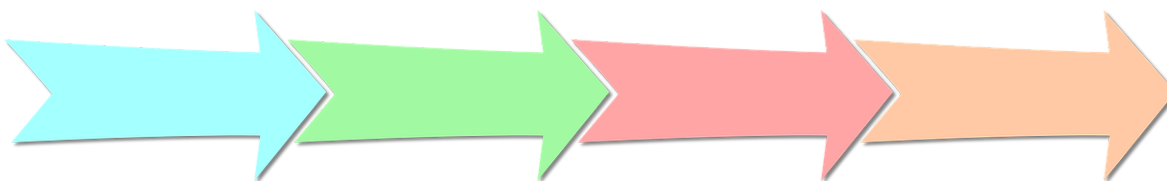
# T.I.P.S.

The Speaking Center Presents:  
**Techniques to Improve Public Speaking**

To schedule an appointment visit: <https://www.csusb.edu/speaking-center-jhbc>

Convenient and simple techniques or suggestions to help improve in a variety of public speaking areas.

## 5 Tricks to Make Public Speaking a Piece of Cake



1. **Write your own content.** Using your own words and ideas, and talking about things you are passionate about, can help you not forget your lines and make you more excited about speaking!
2. **Choose your favorite face.** Find an audience member who will smile at you, nod along with you, laugh at your jokes, and appear as if they really care about what you're saying, then imagine that this is the person you are presenting your speech to.
  - a. You still need to look at your whole audience, but identifying your "favorite face" will help boost your confidence as you see them engage with what you're saying.
3. **Your body language should be open and inviting.** More than half of the impact you have on your audience comes from nonverbal communication!
  - a. This includes body language, how you carry yourself (are you standing slouched or up straight, for example), your gestures, and your eye contact.
  - b. Being mindful of these things can help you be more confident and appear more inviting to your audience!
4. **Your tone of voice should carry energy and confidence.** How you sound is also an important part of nonverbal communication!
  - a. Think about how you talk to friends: when you tell them something important to you, you are usually filled with some kind of emotion, and your voice (and body language) reflect this.
5. **Imagine your audience in their underwear.** This is not just a cliché; Mohit Dantre of TEDx Talk suggested doing this so that you can feel more confident about yourself.
  - a. However, you don't have to actually do this to achieve this effect, just keep in mind that no one knows your words better than you do and that you are presenting to share ideas!

TEDx Talk. (2018, September 22). *5 tricks to make public speaking a piece of cake* | Mohit Dantre | TEDxYouth@BrightRidersSchool [Video]. <https://www.youtube.com/watch?v=yY84OQGZDJ8>