

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 advice to help improve in a variety of public speaking areas.

Techniques to Reduce Communication Apprehension

Physiological/Body Responses



Many things can help people calm down before speaking (e.g., art, music, yoga). Dr. Flome, a psychology professor at Victor Valley College in Victorville, California, created and published one breathing called 5,5,5. It works because it forces your body to change its state by inducing a dual neurological state called alpha-gamma; it is a very relaxed state where you are alert, can perform optimally, and do your best.

Steps:

1. Breathe in to the count of 5 seconds.
2. Hold your breath for 5 seconds.
3. Blow out your breath for 5 seconds.
4. Repeat this 5 times.

