

# 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

### Exercises to do Before Presentations/Interviews

Pre-presentation exercises are proven to help relax your body, minimize the effects of adrenaline, and alleviate the anxiety that comes with public speaking before and during your presentations. To effectively



#### SHAKE YOUR BODY

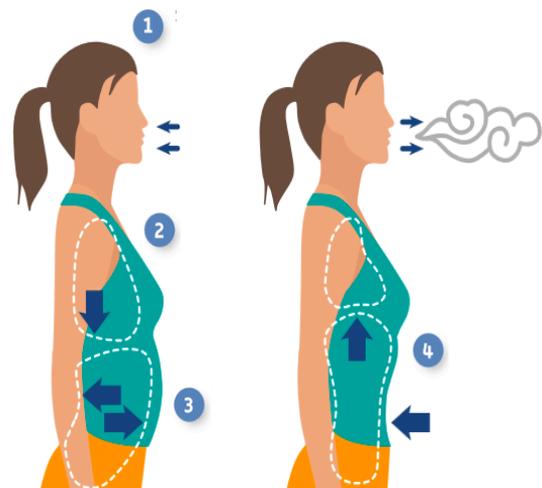
Stiff muscles often portray stiff motions and inability to relax, often leading the presenter to ball their hands into fists or hide their hands in their pockets. Shaking your body helps release tension from your body.

- Find a spot where you will not be disrupted.
- Shake your arms!
- Rotate your shoulders!
- Kick your legs!

#### DIAPHRAGMATIC BREATHING

Breathing through your diaphragm is also known as “deep breathing.” Long, expansive breaths calm your heart rate and minimizes the occasional “jitters” we get during presentations.

- 1) Slowly take a deep breath in through your mouth or nose, counting to 4.
- 2) Fill your lungs with air.
- 3) Expand your abdomen. You will notice your stomach sticking out.
- 4) Exhale slowly, counting to 4. Your abdomen will contract inwards.



**Reference:** Dominic Colenso. (2015, September 02). *Breathing Exercises for Confident Public Speaking* [Video]. <https://youtu.be/dyloUMwD7Xw?si=sybgD6oPKq6DIII3>

**Photo Reference:** Kai Health. (2021, June 26). *The Diaphragm & Stress* [Image]. <https://www.kaihealth.com.au/blog/the-diaphragm-amp-stress>