



Public Speaking & Presentation Skills

Becoming a Better Speaker and Presenter

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EMPLOY - mEntoring prograMme for young People at risk for Labour fOrce entrY



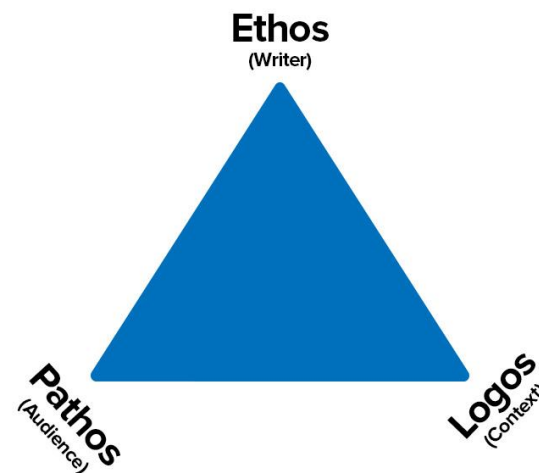
Becoming a Better Speaker and Presenter

1. Plan Appropriately

- Rhetorical Triangle



Excercise: choose an article or video of your liking.
Identify Ethos, Pathos and Logos words or sentences.



- Monroe's Motivated Sequence (five steps):

1. Get attention.
2. Establish the need.
3. Satisfy the need.
4. Visualize the future.
5. Action/Actualization.

Source: <https://www.mindtools.com/CommSkill/PublicSpeaking.htm>



Becoming a Better Speaker and Presenter

1. Plan Appropriately

- 7Cs of Communication

Clear

Concise

Concrete

Correct

Coherent

Complete

Courteous

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Becoming a Better Speaker and Presenter

Excercise: Tongue Twisters to improve pronunciation

Rory the warrior and Roger the worrier were reared wrongly in a rural brewery.
Fuzzy Wuzzy was a bear. Fuzzy Wuzzy had no hair. Fuzzy Wuzzy wasn't very fuzzy, was he?

Sotto la panca la capra campa, sopra la panca la capra crepa
Trentatre trentini entrarono in Trento tutti e trentatre trotterellando

Pešec pešači čez peskasto cestišče.

Çatalca'da topal çoban, yapar satar çatal sapan.
Şu karşıda bir dal, dalda bir kartal; dal sarkar kartal kalkar, kartal kalkar dal sarkar.

Бъбриви бодри бобри бодро бърят. Бърете бодро, бъриви бобри!

Az ipafai papnak fapipája van, ezért az ipafai papi pipa papi fapipa.



Becoming a Better Speaker and Presenter

2. Practice

- "Practice makes perfect!"
- Delivering a presentation - create it as early as possible. The earlier you put it together, the more time you'll have to practice.
- Do a dummy run in front of a small audience or mirror
- Film your dummy run, watch and analyse

*You can
never be
over
prepared*



Becoming a Better Speaker and Presenter

3. Engage With Your Audience

- Pay attention to how you're speaking,
- Tone of voice (speed, melody, volume, pausing, emphasis),
- Appropriate language,
- Ask engaging questions to the audience.

4. Pay Attention to Body Language

- Stand up straight,
- Take deep breaths,
- Look people in the eye or scan across the room,
- Do not lean on one leg,
- Do not use gestures that feel unnatural,
- Do not put your hands in pockets,
- Do not hide behind a podium when giving presentations - walk around.

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Becoming a Better Speaker and Presenter

5. Think Positive

- Use affirmations and visualization to raise your confidence

6. Cope With Nerves

- Fear of failure - a certain amount of pressure enhances performance
- Your message is more important than your fear
- Concentrate on the audience's wants and needs
- Use breathing exercises

"I'm going to do well!"



*YOU CAN
DO IT –
JUST TRY!*

THANK YOU!

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