



Workshops coordinated by the Member Relations
Committee and developed by the CNH District



PUBLIC SPEAKING

Presented by Gloria Chen, Catherine Ho, & Ruchi Vig

'CAT GOT YOUR TONGUE?

DID YOU KNOW...

GLOSSOPHOBIA

is the #1 fear in the America?



Public speaking is more feared than death.

SYMPTOMS / OTHER TERMS

- *Speech Anxiety*
- *Stage Fright*
- *Fear of Speaking*
- *Speech Phobia*
- *Performance Anxiety*



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THE **FORMULA** TO PUBLIC SPEAKING

DRESSING WELL

SPEAKING WELL

ACTING SWELL

DRESSING WELL

Even before you begin speaking, you make a **statement** with your choice of clothes.

***FIRST IMPRESSIONS WILL
MAKE A DIFFERENCE!!!***



DRESSING WELL

Wear Professional Clothing

Ladies:

- Blouse
- Slacks or skirt
- Black Dress shoes



Optional:

- Stockings
- Neck tie or bow tie
- Blazer

Gentlemen:

- Collared shirt
- Slacks
- Black Dress shoes
- Neck tie or bow tie
- **Black socks**

Recommended:

- Suit Jacket



SPEAKING WELL

- *Enunciate*
- *Use different tones!*
- *Let the audience **FEEL** your words. If they feel no emotion, you're not speaking well enough.*

STUTTERING..

YAH ERRMMM.

KNOW PRACTICE!

UHM PRACTICE!

PRACTICE!

ERRM PRACTICE!

ACTING SWELL

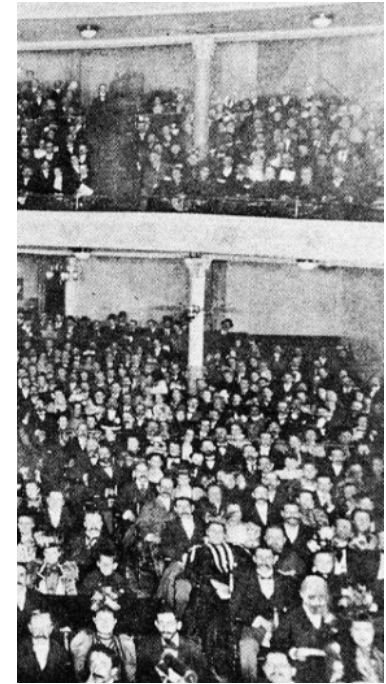
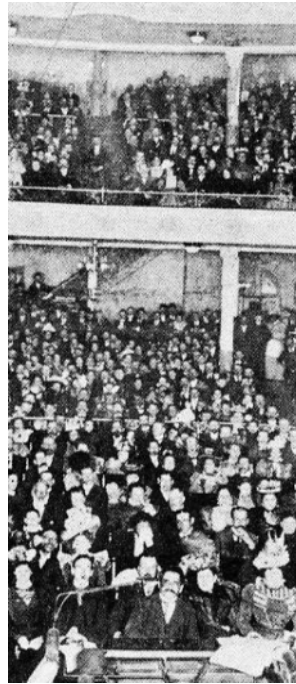
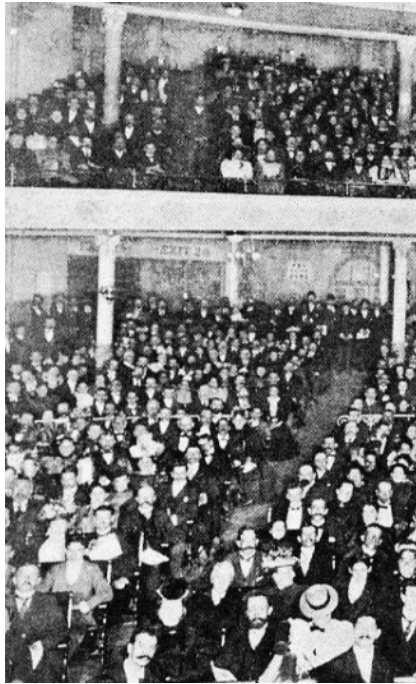
Don't Fret.

*"Don't sweat the petty things, and don't
pet the sweaty things." – Diana N.*

**Even if you're in emotional distress, don't
ever let your audience know. They'll be
in distress too.**

It's all about how you see yourself!

RULE OF 3



*Learn: The “**Rule of Three**”, focus on three people in the audience, one on the right, left, and in the middle. Speak to these three people staring at each one for no more than one minute*

AUDIENCE

- Engage your audience
- Connect to your audience
- *Different types of audiences?*
 - *The ones that don't pay attention*
 - *The ones that laugh at all your jokes, and you feel awkward*
 - *The really awesome ones*
 - *The ones that try to go with the flow, but you're just not feeling them...*



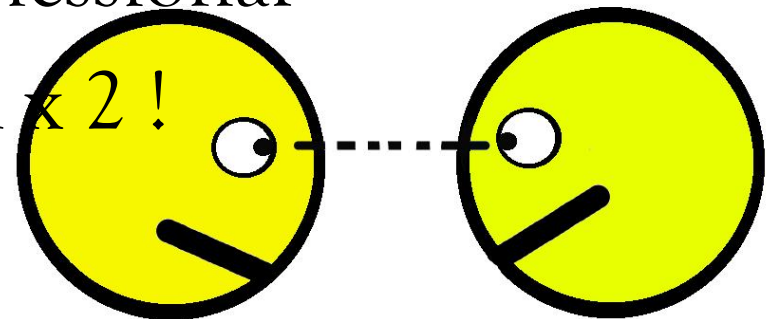
AUDIENCE

- Engage your audience- Eye contact & smiles
- Connect to your audience- you have to FEEL IT!

What audience?

- Kiwanis/ Advisers- Professional
- Club members- Relaxed Professional
- Non-members- Professional x 2!

Eye-Contact



CONFIDENCE

TURN YOUR SWAG ONTO LEVEL10

Look the look

Talk the talk

Walk the walk

Do yo thang hunnayy.

wanna borrow some swag? i have too much.

DO'S

- Dress fresh and fly
- Engage your audience
- Watch your tone and how fast you're speaking
 - How you are using your spatial area
 - Smile and look cool
- Know what you're saying and if you don't, pretend like you do.

DON'T 'S

DO NOT DO NOT READ FROM THE POWERPOINT

Presenter: When giving presentations, please don't only read off of power point slides or posters. It breaks contact with the audience and makes the entire presentation feel scripted. Prepare yourself prior to your presentation to avoid this mistake.

Audience: Laugh

TIPS

- Triangle Trick
- Pencil Trick- WOW!



**INDEX CARDS
ARE YOUR BEST
FRIENDS :D
USE THEM!**

STATISTICS

Telling them **once** → **50%** chance of them remembering

Telling them **twice** → **70% -75%**

Telling them **three** times → **80%-95%**

By simply **repeating** yourself you have **increased** the probability of your audience remembering what you said from **50% to close to 100%**.

...any volunteers?

LET'S GET YOUR PUBLIC SPEAKING ON!

ANY VOLUNTEERS?

TOPICS

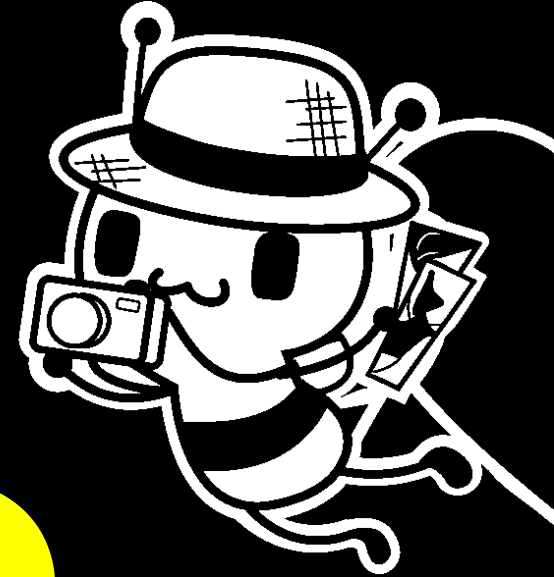
FOOD.

SPORTS.

ENTERTAINMENT.

QUESTIONS COMMENTS OR CONCERNS

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Thank you for listening!

If you should have any questions, please feel free to contact us.

Gloria Chen: 510-289-1555 & [facebook.com/gloriajchen](https://www.facebook.com/gloriajchen)

Catherine Ho: 530-574-1993 & [facebook.com/catngocho](https://www.facebook.com/catngocho)

Ruchi Vig: 805-813-6975 & [facebook.com/ruchi.vig](https://www.facebook.com/ruchi.vig)