

Your Public Speaking Cheat Sheet

Your stance, body language, and gestures play an important role in demonstrating your effectiveness as a speaker. When you're in control and consciously use your physical expressiveness as a presentation tool, your confidence will grow. Confident presenters simply look the part, and so they feel more successful. When you "broadcast" a confident speaking style physically, your audience will react to you positively.

Seek to evaluate yourself on these aspects. A simple and effective way of carrying this out is by reviewing your recording of yourself on video. Here is a checklist you can use to evaluate your display of confidence.

SPEECH ORGANISATION: DID I GET THE AUDIENCE ATTENTION?

- *Did I create interest in my introduction?*
- *Did I deliver my message in a concise way?*
- *Did I present my content in a refreshing way?*
- *Did my speech flow smoothly?*
- *Did I get my key points across clearly?*
- *Did I deliver a memorable closing?*

VOCAL EXPRESSION: WAS I DYNAMIC IN MY VOICE?

- *Did I articulate myself clearly?*
- *Were there any speech fillers I could have avoided?*
- *Did I vary my tone, pitch & rhythm?*
- *Did I make use of the pause effectively?*

BODY LANGUAGE: WAS MY MOVEMENT EFFECTIVE?

- *Did I appear confident yet relaxed?*
- *Did I communicate my message with energy & enthusiasm?*
- *Did I use natural movements whilst avoiding repetitive gestures or distracting mannerisms?*
- *Did my gestures amplify the points I was making?*
- *Was my face expressive of my ideas and emotions?*
- *Did I make direct and ongoing eye contact?*

USE OF SPACE: DID I COMMAND THE SPACE IN WHICH I MOVED?

- *Did I "own" my space, holding myself and moving with confidence?*
- *Was my movement fluid rather than abrupt or jerky?*
- *Did I sit or stand poised without slouching?*
- *Was I open physically and not closed off in any way?*
- *Was I lively enough instead of appearing stiff and wooden?*

Take your public speaking and communication skills to new heights.

Join me, [Michelle Fenech Seguna](#), on this valuable learning programme:

Masterful Public Speaking: Elevating Your Presentations with Confidence

Elevate your skills with impactful techniques, incorporating various speaking practice activities alongside expert critiques and feedback to leave your audience deeply moved.

Discover how to:

- ✓ Build rapport, connect with your audience and keep their attention
- ✓ Speak and present in a clear, concise and compelling manner
- ✓ Maximise your performance toolbox by mastering body language and enhancing vocal dynamic

Gain the benefits of:

- ✓ Acquiring more influence and inspire others through your speaking
- ✓ Experience improved levels of self-confidence in communication
- ✓ Demonstrate a more powerful professional presence



Discover more [here](#)

Let's supercharge your communication together!

[Contact us.](#)