

Tips for Effective Public Speaking



What do you think are the top 10 global fears?

List them down and share your opinion.



Top 10 Global Fears



#1 Public Speaking



#2 Death



#3 Spiders



#4 Darkness



ACROPHOBIA

#5 FEAR OF HEIGHTS

#6 People or Social Situations



#7 Flying in airplanes





#8 Open Spaces

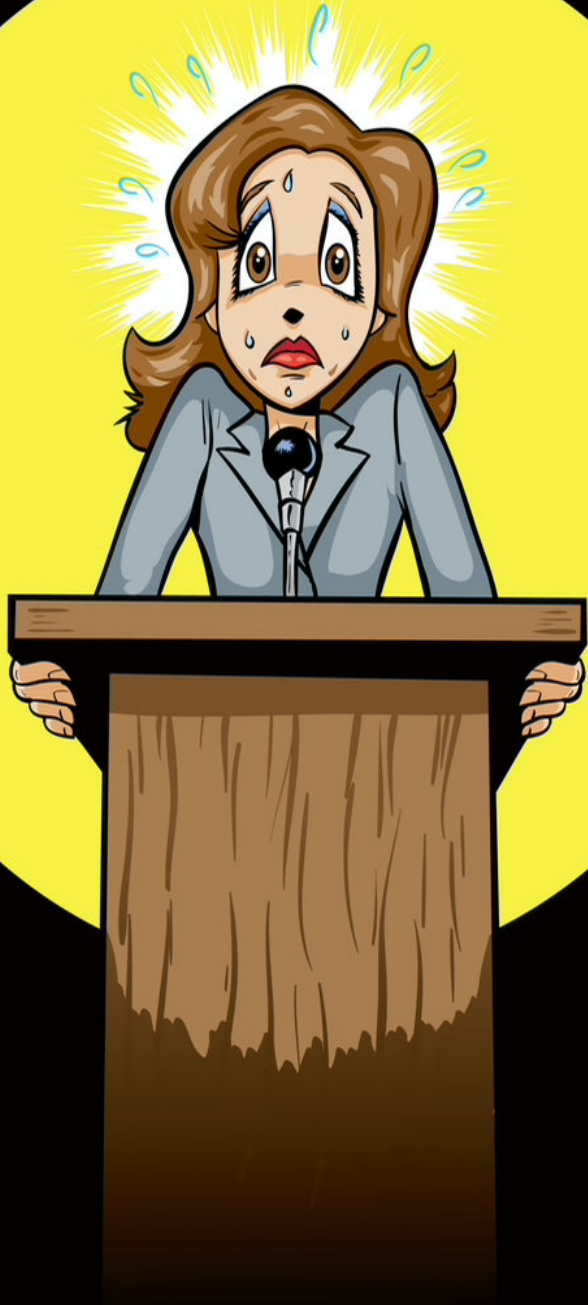
#9 Thunder and Lightning





#10 Confined spaces or Small Rooms

Top 10 Global Fears



1. Public speaking or stage fright
2. Death
3. Spiders
4. Darkness
5. Heights or altitude
6. People or social situations
7. Flying in airplanes
8. Open spaces
9. Thunder and lightning
10. Confined spaces or small rooms

How to Overcome a Fear of Public Speaking





1

Watch the following video.



Write down the 7 tips to overcome your fear of public speaking and share them after.



7 tips to overcome fear of public speaking

Share your ideas



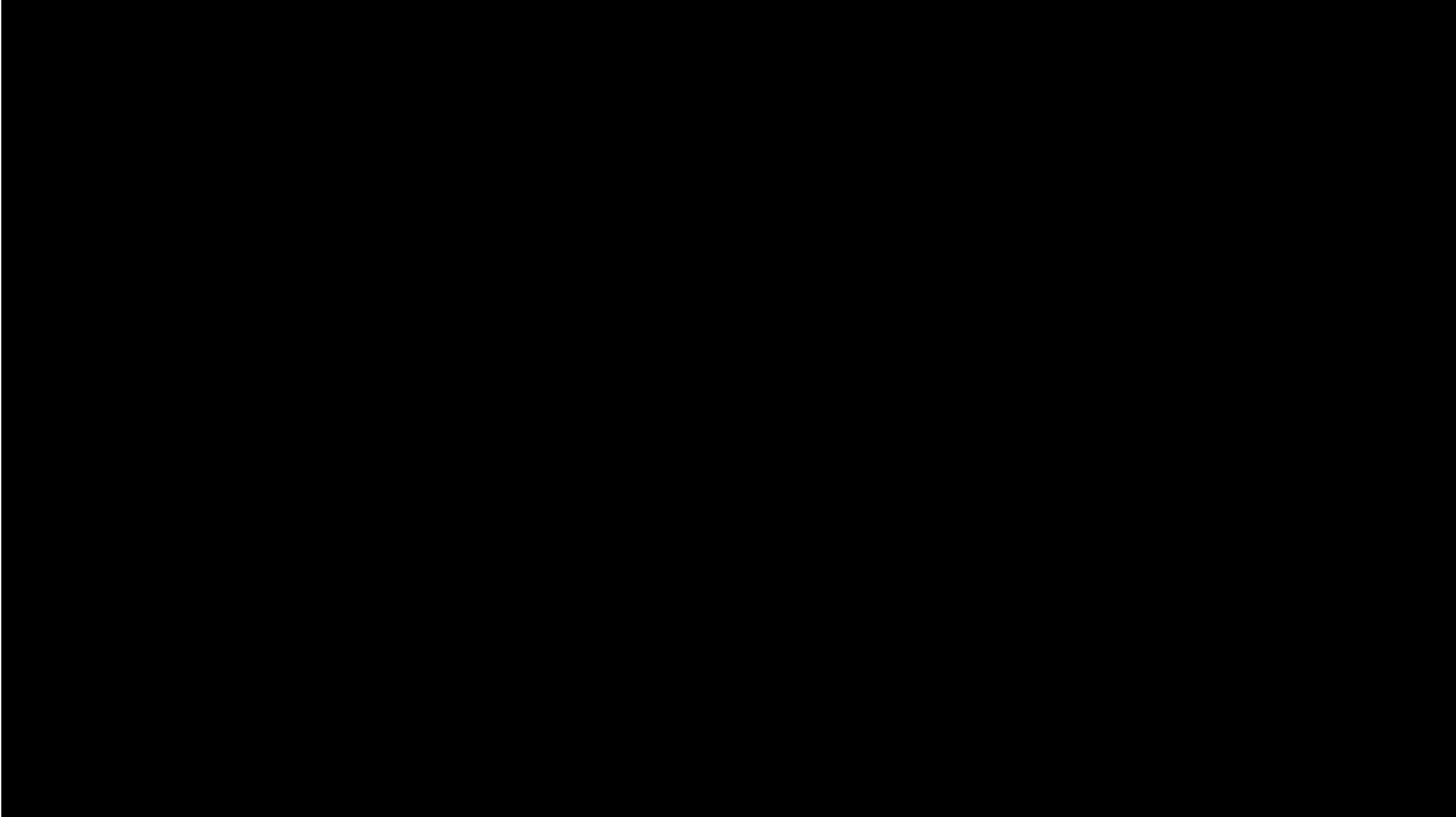


2

Watch the following video “Managing Fears”.



Write the main points from the video and share them afterwards.



Managing fears

Share your ideas





TIME FOR A
BREAK



10 ways to overcome your fear of **PUBLIC SPEAKING**



#1 Speak from the heart

Tell your own story

A blurred background image of a desk with a laptop, an open notebook, and a pen. The text "Tell your own story" is written in a white, cursive font across the middle of the image.

#2 Picture Yourself as a Winner

I am a winner. I just
didn't win today.

Greg Norman



#3 Breathe



#4 Ditch

the power point

#5 Don't practice in your PJ



#6 Public speaking is a skill, not a talent



A man in a blue suit is seen from behind, standing at a podium and presenting to a large audience seated in a conference room. The room has warm wooden walls and red chairs. A computer monitor is visible on the podium.

**#7 Nail the beginning
and ending**



#8 Be yourself and have a good time

#9 Tailor the speech to the audience



***be
patient
with
yourself,
you're
trying.***

#10

*Be patient
with yourself.*

Tips for Effective Public Speaking





3

Watch the following video.

https://www.youtube.com/watch?v=AykYRO5d_II



Write down the 5 tips for effective public speaking and share them afterwards.

Share your ideas





4

Watch the following video 4 Essential Body Language Tips.



List the main points from the video and share them afterwards.



“4 Essential Body language tips”

Share your ideas





51

Watch the following video Turn Around by Toastmasters Sherrie Su.



What do you like about her public speaking skills?



“Turn Around” by Sherrie Su

Share your ideas





6

Watch the following video "I will be There" by Toastmasters Josephine Lee.



What do you like about her public speaking skills?

“I Will be There” by Toastmasters Josephine

Share your ideas



Week 6 Group Task: Infographic (10%)

Deadline: before the next class

Create an album in the group line to submit the group task.

A photograph of several light-colored wooden blocks arranged in two rows. The top row consists of five blocks, each with a large, dark blue letter on its top face, spelling out the word 'TASKS' from left to right. The bottom row consists of several more wooden blocks, some of which are partially visible, but they do not have letters on them. The background is a soft, light blue gradient.

T A S K S

Choose any 6 ways to overcome your fear of public speaking and make it into an attractive infographic.



Thank you