

Express Yourself! Benefits of Public Speaking
Women's Veterinary Leadership Development Initiative

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Does public speaking and giving presentations make you nervous? Don't worry, you are not alone. Over 40% of people dread and fear public speaking. Sadly, many of these people sabotage themselves, and talk themselves out of great opportunities because of their public speaking fear. Luckily, there are many ways you can become a more proficient and comfortable public speaker, and enjoy the benefits giving presentations provide. Here are some tips to make you a better public speaker, and some of the benefits developing this skill will provide to your career and overall life.

Tips to overcome fear of public speaking:

- 1) Recognize people overcome fear-** You aren't the only person afraid of public speaking, and at any presentation you go to, some of the speakers had to overcome their fear and get up there. You can too!
- 2) Choose a comfortable topic-** It is much easier to speak about something you are knowledgeable about or enjoy. Try to make your topic as relatable to you as possible.
- 3) Generate materials to read-** Having a resource like index cards, powerpoint slides, or whatever works for you, allows you to practice your presentation, and gives you some help if you begin to stumble.
- 4) Practice, practice, practice-** The more you practice, the more comfortable and fluid your presentation will be.
- 5) Practice in front of supportive people-** Have a friend sit and watch your presentation when you practice. They can help you catch mistakes and help you become more comfortable.
- 6) Accept that you are not perfect-** Every presentation in the history of the world could have been improved upon in some way. Understand that you may make a mistake, but in reality, no one will probably even notice.

Presentation day tips:

- 1) Get enough sleep**
- 2) Eat a good and solid meal**
- 3) Get there early to have time to prepare**

- 4) Check computer and AV system to make sure it's working
- 5) Sit in the audience, walk around the stage, and get a feel for the room.
- 6) Meet attendees and become more comfortable with your audience.

Benefits of public speaking:

- 1) You will become a better leader
- 2) You will expand your network
- 3) You will increase your level of influence on your peers and associates.
- 4) You will gain confidence

Public speaking can be scary, but it is important to realize that the fear is good for you, and will make you a stronger speaker and person. If you follow these tips, you will become a more comfortable and proficient public speaker. Good luck with all of your future presentations, and always remember that you have the tools to be a great speaker!

Resources

How to Overcome Fear of Public Speaking and Give a Great Presentation

<http://time.com/89814/how-to-overcome-fear-of-public-speaking-and-give-a-great-presentation/>

5 Reasons Why Fear of Public Speaking is Good for You

<http://www.forbes.com/sites/work-in-progress/2012/10/09/five-reasons-why-the-fear-of-public-speaking-is-great-for-you/#7d983130168f>

Toastmaster's 5 Basic Public Speaking Tips - Video

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

9 Ways to be More Influential and Persuasive, Backed by Science

<http://www.inc.com/jeff-haden/9-ways-to-be-more-influential-and-persuasive-backed-by-science.html>

Your Body Language Shapes Who You Are – Video

http://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are

Powerful Presentations, Simply Stated

<https://www.youtube.com/watch?v=i68a6M5FFBc>

Toastmasters International, Where Leaders are Made

<http://www.toastmasters.org/>

Books

Why Most Power Point Presentations SUCK, And how you can make them better, Rick Altman

Training from the Back of the Room, 65 ways to step aside and let them learn, Sharon L. Bowman