



***Special
Olympics***
Ireland

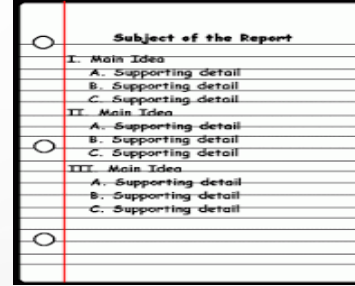
Public Speaking

The background of the slide is a light gray gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance. Some are in the top left, some in the bottom right, and others are more centrally located.

Before the Speech

The anxiety begins to build....

Before the Speech



Who are they?

What are they interested in?
Is there a common topic of interest?

Do I have personal experience?
Is there information on the web?
How do I sanity check facts?

What is my opening?
My main points
How will I close it?
What aids will I use?

How will I deliver it?
Body language, Vocal Variety
What is the room like?

Open Discussion 1



- What is your preparation style?

The background of the slide is a light gray gradient. It is decorated with several realistic water droplets of various sizes and shapes, scattered across the top and bottom edges. The droplets have highlights and shadows, giving them a three-dimensional appearance.

During the Speech

It's now or never....

During the Speech



Ground
Myself

Be
Authentic

Read the
Audience

Adapt on
the fly

Be
Resilient

Clear my mind
Manage the butterflies

Don't try to be someone on a TED
Talk

Use humor to break the ice
Ask questions to get them involved

Leave out points if I'm short on
Time.

Be ready for the unknown

Open Discussion 2



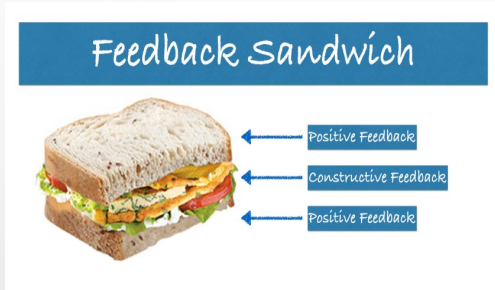
- What do you focus on during a speech?

The background of the slide is a light gray gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance. The text is centered on the slide.

After the Speech

And breathe.....

After the Speech



Take the feedback in the manner it is intended
Don't dwell on it if it is overly negative.



Look to incorporate feedback into the next
Speech.



Sign up for my next speech

Open Discussion 3



- What do you do after a speech?

In Summary

- Know your audience- select the right topic
- Practice makes perfect.
- Relax- breathe
- Incorporate feedback



The background features a light gray gradient with several realistic water droplets of various sizes scattered across the surface. The droplets have highlights and shadows, giving them a three-dimensional appearance. The text 'Thank You' is centered in the middle of the page.

Thank You