

SPEAKING SUCCESSFULLY & PRESENTING PERSUASIVELY

with Alan Youngson



HAVE YOU EVER HEARD A BORING SPEAKER OR PRESENTER?

Have You ever been one ?

When you speak in public, you speak with more than your mouth... you need to demonstrate confidence, use eye-contact, vocal variation, gestures, body language and authenticity to engage your audience and hold their attention with a memorable message and a call to action.*

Any degree of public speaking fear - from stage fright to mild anxiety - can be seen as a confidence problem in harmonizing your speaking with your thinking and your body language. You may tend to think too fast to keep up with your speaking, or your mind "freezes" and you can't...

Help is close at hand with a local Toastmasters club, www.toastmasters.org or a local Rostrum club, www.rostrum.com.au in your local area. They have training manuals and provide a wide range of speaking experiences.

Another starting point is the 1 or 2-day **Public Speaking Courses** which give a broad "quick fix" - but unless there is considerable follow-up coaching or

you practice regularly - the knowledge and skills soon evaporate.

If you really want to **fast track** your speaking, presenting and communication skills, then there are a range of **coaches and trainers** offering their services which can be Googled. However, make sure you meet face to face to select a compatible coach who has recognised qualifications, is professionally experienced and, preferably, is an award winning speaker with acting and stagecraft know-how*.

These 'personal coaches' can assess and re-assess your needs continuously, which enables you to acquire the appropriate skills, achieve sustainable results and advance your career prospects - more rapidly and cost-effectively.

Each month, this column will focus on a particular topic and provide practical tips and insights.

Next month, the topic will be **"Tongue-tied or Terrified! Learn how to control your fears and channel them to demonstrate confidence"**.

*Alan Youngson, an award winning speaker, holds academic and professional qualifications: B.A.(Hons.) English & Drama; B.Ed. specialist Speech & Drama Teacher of 20 years; Certificate IV TAE (Workplace Trainer-Assessor-Educator); Certified Personal & Business Coach for Leaders, Managers, Speakers, Presenters and Performers. 25 years as a Theatre Manager & Director-Presenter of 97 shows; showcasing many Professional Speakers.



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