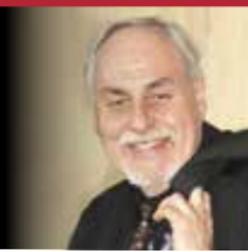


# **SPEAKING SUCCESSFULLY & PRESENTING PERSUASIVELY**

**with Alan Youngson**



## **TONGUE-TIED OR TERRIFIED?**

**Scared you'll freeze, choke or faint speaking in public? You are not alone – it's most people's number 1 fear!**

To face your fears and progress personally and career wise - try the safe, friendly environment and structured learning program of a Toastmasters or a Rostrum. This will develop your confidence and different speeches – but, it does take considerable time and a fortnightly commitment.

However, if you wish to fast track your capabilities, here are **6 key tips** - I have compiled and road tested these many times with students aged 7 to 70, during my 20 years as a speaker, trainer, voice and acting coach:

- 1. Choose a topic you know well.** Use personal stories, some humour and conversational language.
- 2. Structure your key message with a three different yet related examples.** Connects both hearts and minds of your audiences.
- 3. Practise. Practise. Practise!** Rehearse out loud. Breathe in and out slowly to relax voice and body before you speak. Vary your voice

speed, volume, tone, pitch and ...pause. Fine tune each aspect.

- 4. Visualize yourself making a clear, confident and compelling speech.** The audience will applaud.
- 5. Start with a bang!** Give the audience a startling statistic, an interesting quote, question or news headline – something to get their attention immediately - then pause. This makes you appear confident, competent and in control which relaxes your audience.

**6. Stay calm and make your body language work for you.** Up to 80 per cent of first impressions are formed by this - so make it count include natural smiling and eye contact.

**PRACTISE THESE REGULARLY** and you will control your butterflies, build your confidence and improve your competence in speech writing and delivery,

If you need further tips or accelerate your learning, then please contact me below.

\*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.



**FACTOR COACH**

**SPEAKING > PRESENTING > ACTING > COMPERING > ENTERTAINING**

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