

Overcoming the Fear Factor

Objectives

- Describe techniques useful for overcoming the fear of speaking in public
- Demonstrate effective techniques for public speaking
- Apply the rules of effective public speaking to evaluate a presentation

Try It / Solve It

1. The instructor will provide a list of topics that you can choose from. Work in your groups to come up with a short presentation on the topic. Try to give everyone a role in the skit (one person talks, the other one draws on the board, the other one acts it out, demonstrates, etc.). Incorporate as many of the 10 techniques for effective public-speaking tips as you can.

Pay attention while the other groups present, and provide comments on how well they used the 10 tips. Be positive in your feedback! Mention the good things as well as the areas for improvement.

2. Watch the evening news program or attend a speaking event and record specific examples of the speaker's use or misuse of the 10 techniques for effective public speaking.