**Public Speaking (Overcoming the fear)**



**Public Speaking and its benefits**

So, what do we imply from this phrase ‘ Public Speaking’. Public speaking is about giving a speech or a presentation in front of several people (being our audience). It is important in almost arenas, you being an individual must be confident in it. It may involve any area being informative or entertaining or influencing or any, but the main focus is on how to remain confident during public speaking. It is about live handling audiences and acquiring their focus and attention and interests to make them listen to you, unlike video or online presentations.

From history, it had been used and is still an important practice followed in most of the areas.

Public speaking has its benefits in many areas as :

1. It develops confidence.
2. It develops a presentable personality.
3. It is beneficial in politics in drawing the attention of the public.
4. It helps influence people for any cause.
5. And many more.

**Improving Public Speaking Skills**

Being so important in daily life, we must know the ways of becoming better at it. Here are the few steps that I find very effective to get better at public speaking:

**Preparing prior speeches and presentations:** Prior preparations of anything is an asset always and helps you achieve success in any field. In public speaking too, prior preparations play a crucial role be helping you get an idea on points to be covered and delivered on the final day. In case you miss the points to be delivered, it can be used to be referred to and maintain the pace while speaking and remain confident.

1. **Practicing beforehand:**

As we have always heard practice makes a man perfect. It also helps you maintain confidence on the final day. Prefer practicing more in front of some groups of people may it be your friend circles, so that it helps you get the final public speaking idea.

1. **Get an attractive opening:**

Opening statements

1. **End using the conclusions:**

Prior preparations

1. **Take real-life examples:**

Prior preparations

1. **Decide professional attires:**

Prior preparations

1. **Maintain a proper body language:**

Prior preparations