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Task : 5**

1. Other six benefits of public speaking :

- Helps you overcome your fear of public speaking.

- Makes you more aware of how others perceive you.

- Develops better writing skills.

- Teaches you to be calm in stressful situations.

- Helps you be an advocate for causes you care about.

- Gives you a chance to meet others with similar interests.

2. Chances public speaking can give you :

Public speaking provides opportunities to meet others with similar interests, network in your industry, and form connections that may not have been possible otherwise. Additionally, as a speaker, people are more likely to remember and interact with you after an event.

3. How public speaking can help you overcome your fear :

As you practice public speaking and improve your skills, your fear of speaking in front of an audience is likely to decrease. Positive feedback from the audience can further reduce this fear, making you more comfortable with public speaking over time.

4. Factors you'll learn to control as you improve your oral communication skills :

- Posture

- Tone of voice

- Hand gestures

- Pacing and nervous gestures

- Interjections (like "uh" and "um")

- Clothing choices

5. By writing a speech for public speaking, what other things can you improve :

Writing speeches can help you improve your writing skills for:

- Reports

- Articles

- Letters and memos

- Research papers

6. Why public speaking is stressful for most of us :

Public speaking is stressful because it puts us in a situation where we are the center of attention, which can make us anxious. The fear of judgment or making mistakes in front of an audience adds to this stress.

7. What is oral communication :

Oral communication is the process of verbally conveying information or ideas to others through spoken words.

8. The last advantage of public speaking on lesson 5 :

The last advantage of public speaking discussed in lesson 5 is that it allows you to be an advocate for causes you care about. Public speaking gives you the ability to raise awareness and motivate others to take action for important causes.