**ENG111**

**Informative Speech**

**Topic:** How to help a shy friend to talk to a person of the opposite gender?

**Purpose:** To inform my audience on different techniques for helping a shy friend talk to a person of the opposite gender.

1. **Introduction** 
   1. **Attention Getter:** In this technologically enriched corporate era, gender discrimination is getting lower every day. So, we all need to talk to persons of the opposite gender very often. But there are still some of us who hesitate on this matter.
   2. **Tie to the audience and Rhetorical question:** Now have a break, take a deep breath and ask yourself, haven't you ever felt shy to talk or collaborate with a person of the opposite gender? Or at least one or some of your friends must be shy to talk to a person of the opposite gender. So, this speech will help you to overcome that shyness.
   3. **Thesis statement:** You can help your shy friends talk to a person of the opposite gender by finding their reasons for shyness, making positive mind influences, and finally developing their self-confidence.
   4. **Credibility Statement:** I have almost completed my ENG111-Public Speaking course and went through different articles on this topic which makes me capable of overcoming this shyness and helping others.
   5. **Preview of Main Points:** 
      1. First, I will discuss how you can find the reasons for shyness to talk to a person of the opposite gender.
      2. Second, I will discuss the techniques to make positive mind influence.
      3. Finally, I will discuss ways for developing self-confidence regarding this problem.
2. **Body**
   1. Now, to find the reasons for shyness, be honest with yourself. What are your real fears? What do you think people see when they talk with you? Answering these questions will help you separate reality from what you are mistakenly perceiving it to be.

**Transition:** Now that I've discussed the reasons for shyness to talk to a person of the opposite gender, I will now discuss the techniques to influence a positive mind.

* 1. A person of a different gender is also a human being like you, not a tiger who is going to eat you alive. Keep positive influence over the conversation. Start asking good questions keeping eye contact about their favorite something or their interests. Maintain cheerful humor and stay normal. You'll be used to it after several practices.

**Transition:** Finally, I will now discuss ways for developing self-confidence regarding this problem.

* 1. Last but not least, self-confidence is the most essential solution to this problem. You need to believe in yourself first. Maintain an appropriate dress code that will double your confidence. Take a risk to talk first and forget about your shyness.

1. **Conclusion** 
   1. **Review of Main Points:** 
      1. Today I first discussed how you could find the reasons for shyness to talk to a person of the opposite gender.
      2. Second, I discussed the techniques to make a positive mind influence.
      3. Finally, I discussed the ways for developing self-confidence regarding this problem.
   2. **Restate Thesis:** You can help a shy friend talk to a person of the opposite gender by finding their reasons for shyness, making positive mind influences, and finally developing their self-confidence.
   3. **Closure:** In conclusion, I want you always to remember that "Fake it until you make it". Communication is a natural process. But when it comes to shyness, continue fake comfort until it becomes your habit.

**Source:**

1. **<https://www.quora.com/What-should-shy-people-do-to-talk-to-the-opposite-gender-Or-how-can-a-shy-person-start-a-talk-with-the-opposite-gender>**
2. [**https://kidshealth.org/en/teens/shy-tips.html**](https://kidshealth.org/en/teens/shy-tips.html)
3. [**https://www.streetdirectory.com/travel\_guide/33352/self\_improvement\_and\_motivation/12\_steps\_to\_overcoming\_shyness\_with\_the\_opposite\_sex.html**](https://www.streetdirectory.com/travel_guide/33352/self_improvement_and_motivation/12_steps_to_overcoming_shyness_with_the_opposite_sex.html)
4. [**https://socialpronow.com/blog/how-to-never-be-nervous-around-people/**](https://socialpronow.com/blog/how-to-never-be-nervous-around-people/)
5. **<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4808408/>**