

Speak Up, Stand Out: Public Speaking in the Hybrid Era

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**Founder at Kerja Cer-Dias | Coach |
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Content Creator @Kerjacerdias**

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Professional Profile

- Experienced People Development Professional with 7+ years in talent management, career consulting, coaching, and training.
- Accumulated 550+ hours of coaching, training, and consulting experience, assisting 250+ brands across Academic, Business, Government, Community, and Media (ABGCM) sectors.
- Career Coach Specialist at Rumah Siap Kerja and several reputable brands, conducting 750+ coaching sessions with a consistent 4.9/5 feedback rating.
- Public Speaker & Facilitator for 500+ career development, employability, and personal growth webinars/workshops, reaching over 50,000 participants.
- Recognized as LinkedIn Power Profile 2018.
- Certified in Coaching, Public Speaking, and Training, with awards from Temasek Foundation, Ashoka, U.S. Department of State, Asia Foundation, etc.



ASU



Listed Portfolio



Academic



Business



Government



Community



Media



Be Ready For The **Session**

To obtain an optimum learning result, let's follow these ground rules!



**Raise Hand if there's
concern/questions
along the way**



**Actively participate
throughout the session
(reciprocal approach)**



**Hands off from other
tabs to ensure the
learning journey landed
in safe and sound
experience**



Today's Discussion



Definition & Why
Public Speaking Matters



Hybrid
Public Speaking



Understanding Your Voice
Basic Technique



Resilience
The Engine that Moves



Structure Your Speech
Practical Technique



Study Case
Gig Economy Dilemma



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Why Public Speaking Matters?



Career Advancement:

- Strong public speaking **shows valuable professional skills** like creativity, leadership, and confidence.
- People who speak confidently are **seen as more capable and leader-like**.
- American billionaire Warren Buffett is quoted as saying, "***Learning Public Speaking will improve your worth by 50%***"
- Public speaking skills help in **meetings, presentations, pitches, and other work situations**

Personal Growth and Confidence:

- Engaging an audience **builds confidence** that helps in everyday life.
- It allows individuals **to communicate with clarity, confidence, and conviction**



EXPECTATIONS FOR COMMUNICATION SKILLS

96.1%

Employers say communication is
very important.
(NACE Job Outlook, 2025)

90%

Hiring managers want graduates
with strong speaking skills.
(EdWeek, 2018)

53.5%

New graduate proficiency
in communication
(Student Survey, 2024)

IMPACT OF GOOD PUBLIC SPEAKING

70%

Increased likelihood of
promotion to management
(Novoresume, 2025)

10%

Potential wage impairment
due to fear of public speaking.
(Novoresume, 2025)

10%

Potential salary boost from
public speaking training
(Novoresume, 2025)



GLOSSOPHOBIA (STAGE FRIGHT)

~ the fear of public speaking ~

15M

people deal with
glossophobia on a daily basis.
(ADAA)

75%

the population has a fear of
public speaking (**200M people**)
(National Institute of Mental Health)

40M

U.S. citizen aged >18 suffer from
anxiety in public speaking.
(ADAA)

89.4%

social anxiety disorder patients
have a fear of public speaking.
(Faravelli et al., 2000)

90%

population reports "shyness" in
giving a public speech.
(McCain, 2012)

74%

"statistic brain survey"
respondents have speech
anxiety
(Statistic Brain)



What's the best public speaking quality that Barack Obama has?



CASE STUDY: BARACK OBAMA

Clear & personal speeches: This former U.S. president (Obama) is known for his powerful and relatable speaking style.

Simple language & storytelling: He explains complex ideas in easy words and turns data into engaging stories.

Strong voice & body language: He stands confidently, keeps eye contact, and uses hand gestures to emphasize his points.

Persuasive techniques:

- Rule of Three – Groups ideas in threes for better impact.
- Repetition – Repeats key phrases to make messages memorable.

Emotional connection: His ability to engage hearts and minds helped him inspire people.

Vision & commitment: His speeches show how strong beliefs can create real change.



Type in chat

***On a scale of 1-5, how important is public speaking
to your career success?***



Type in chat

Name one example of how good public speaking can help you in a professional situation.



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Understanding Your Voice: Teknik Dasar

Posture and breathing while speaking

Posture

- Good posture means **standing tall with your head up, back straight, shoulders back**, and staying naturally alert
- Stand confidently with **your feet shoulder-width apart, weight balanced evenly**, and shoulders relaxed.
- In formal settings, **standing is generally better than sitting**

Breathing

- **Belly breathing** is the best way to build a strong, steady voice.
- **Breathe in deeply through your nose**, letting your belly rise as your lungs fill with air.
- **Breathe out slowly and steadily**, using your stomach muscles to control the airflow.



Articulation, intonation, and speech tempo

Articulation (clarity of pronunciation)

- **Practicing tongue twisters** often helps your tongue and lips move better for clearer speech
- **Reading aloud** while carefully pronouncing each word is a great way to practice speaking clearly
- **Recording** and reviewing your speech helps spot problems like mumbling or talking too fast.

Intonation (highness or lowness/stressing of the voice)

- **Changing your voice's pitch** (*the highness or lowness of the voice*) keeps listeners interested and prevents boring, flat speech
- **High voices** sound excited or urgent, while **low voices** sound serious or calm.
- **Tone** is how your voice shows your feelings, making your message more genuine and expressive.

Tempo (Pace and Speed)

- **Speaking slowly** helps people understand complex ideas better
- **Speaking faster** creates excitement or a sense of urgency.
- **Talking too fast confuses listeners**, while **speaking too slowly bores them**
- The key is to **vary the pace strategically**



Strategies for Overcoming Nervousness

1. Preparation and Practice:

- **Simulate the setting at home** or ask friends to be a practice audience
- **Know your audience** (age, job, education, background, etc.).
- Study and **understand the material**
- Prepare **visual aids or tools**

2. Mindset and Self-Perception:

- **Improve your self-perception** and build a positive self-image.
- **Don't be afraid to fail**, as failure is only feedback.
- See nervous energy—like a racing heart—as **helpful adrenaline that sharpens your focus**, not as failure.

3. Physical Techniques:

- Do **physical activities**
- **Use deep-breathing techniques** or practice breathing exercises (*belly breathing*)



Step-by-step Instructions

1. Inhale Slowly Through Your Nose

- Breathe in deeply through your nose (like smelling flowers).
- Let your belly rise (your chest should stay mostly still).

2. Exhale Slowly Through Your Mouth

- Gently press your belly inward.
- Breathe out through pursed lips (like blowing out a candle).

3. Repeat & Relax

- Repeat it 3 times, keeping breaths slow and steady.
- Focus on the rise and fall of your belly.



Type in chat

***What do you feel after doing
the breathing exercise?***



The exercise is simple,

- 1. Does anyone want to try to open mic?**
 - 2. Your task is to read these words below aloud**
-

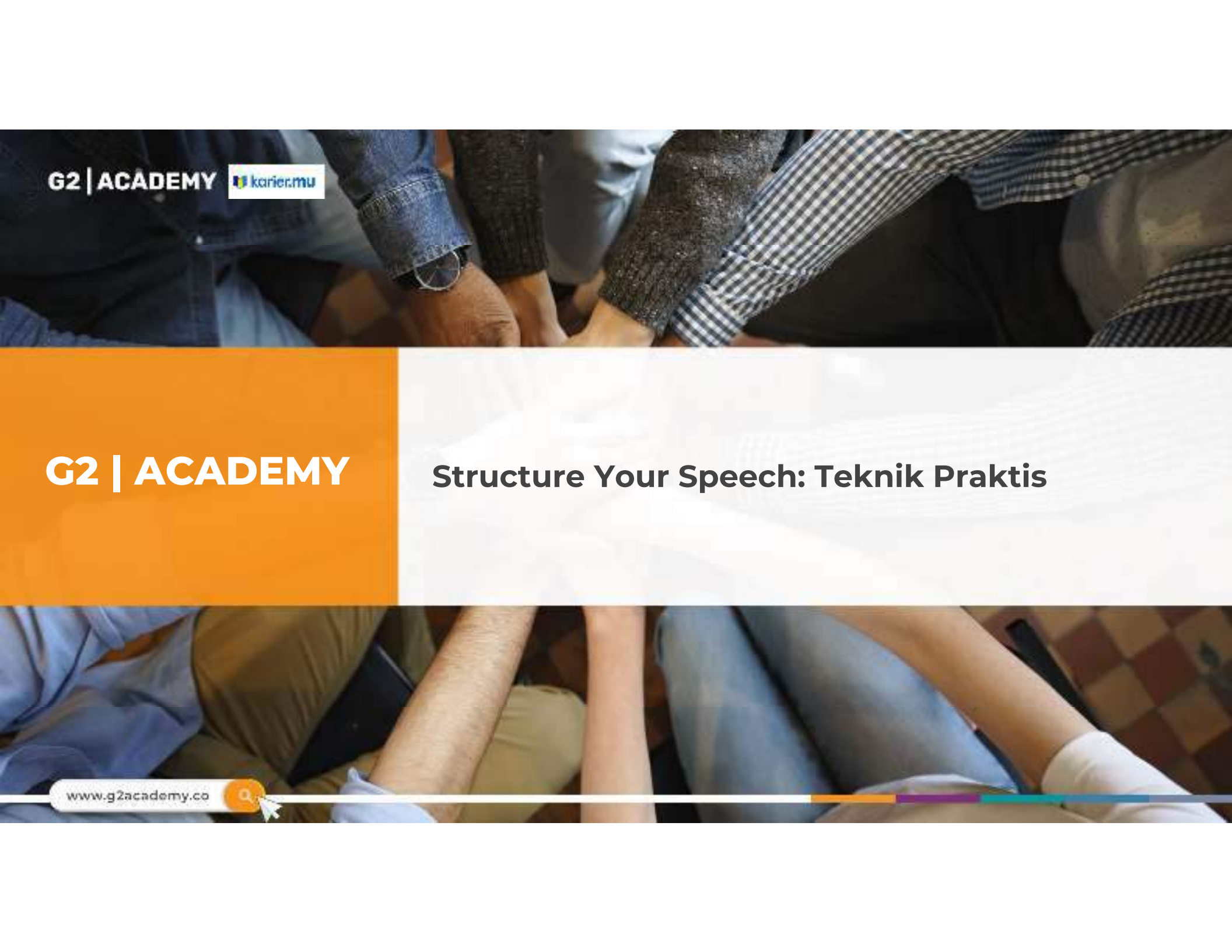
"Siapa yang menyusun susunan sesi senam seru ini?"

"Buah pepaya dipetik papa di pohon pepaya."

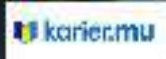
"Petani itu menanam terong, tomat, dan temulawak di tanah tandus."

"Aku melihat kelinci kecil lari ke kiri licin."





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Structure Your Speech: Teknik Praktis

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Opening (Pembukaan)

Start your speech with a **strong opening**—like a **story, surprising fact, or powerful quote**—to grab attention, explain why your topic matters, and briefly outline your main points.

Closing (Penutupan)

Wrap up your speech by restating your main points, ending with a **strong closing**—like a **memorable line, quote, or callback to your opening**—and avoid stopping abruptly.

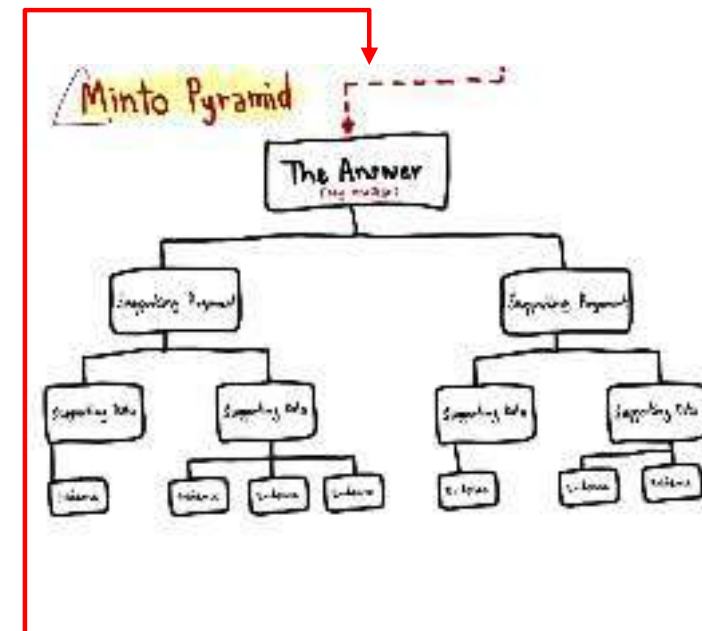
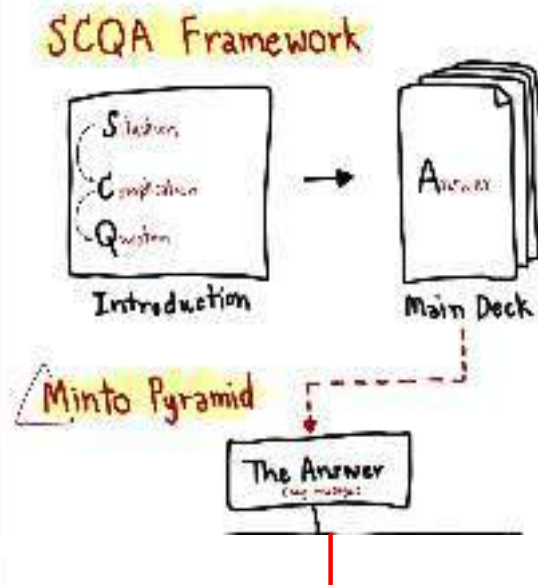
Body (Penyampaian)

Keep your speech simple with **2-3 key points (up to 5 for longer talks)**, and explain each one by naming it, stating it clearly, backing it up with evidence, and then summarizing it.



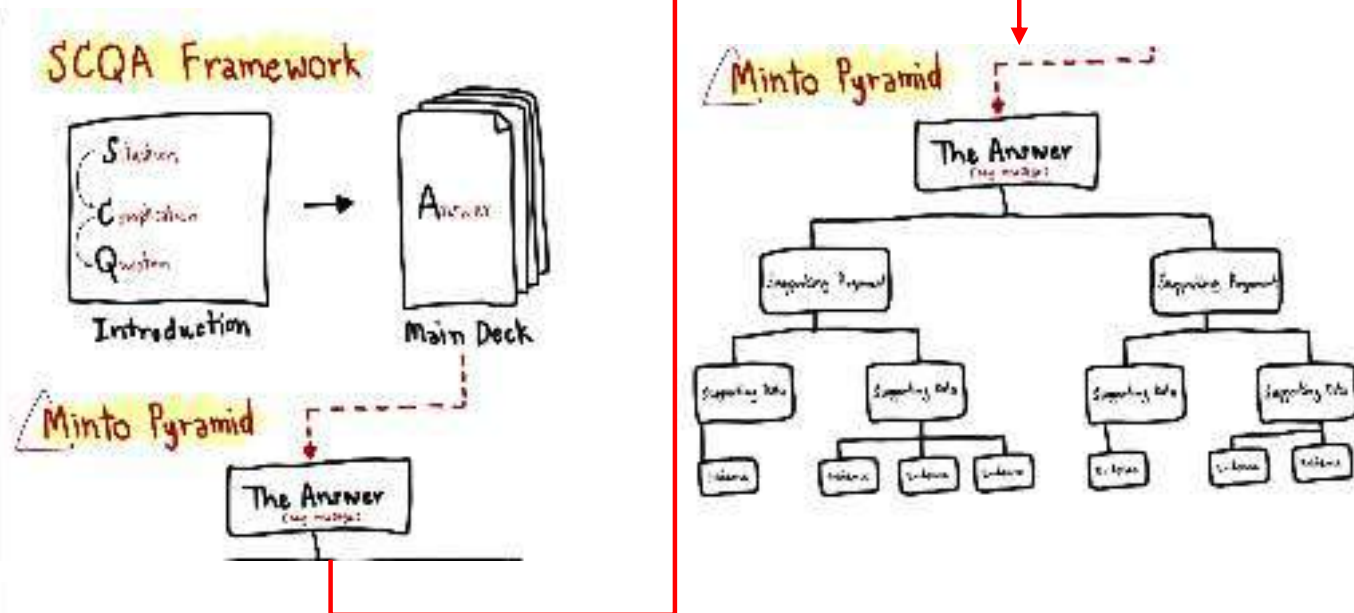
SCQA Framework:

- **S Situation:** Describe the current situation & relevant background information.
- **C Complication:** Pinpoint a problem or challenge in the current situation.
- **Q Question:** Create a clear question that defines the problem or opportunity you're addressing.
- **A Answer:** Resolution to the question.



Minto Pyramid Principle:

- **Top of the Pyramid:** This is the key message or conclusion that you want to convey.
- **Supporting Arguments:** Support your main message with clear, logical arguments that organize your key points.
- **Supporting Data or Facts:** Back up each argument with detailed evidence or explanations to strengthen your point.



An elevator pitch is **a brief, persuasive summary about you, your idea, or your business**—designed to be delivered in **30-60 seconds** (the length of an elevator ride) for networking.

An effective elevator pitch should include the following **key components**:

- 1. Introduction:** State your name, academic major or professional field, and your current status (e.g., current role at Y Company).
- 2. Key Skills and Strengths:** Share 2-3 key skills or strengths that matter most to your audience or goal.
- 3. Interests and Career Goals:** Briefly mention your professional interests and aspirations.
- 4. What You've Done and Proven:** Focus on your concrete achievements and what you are ready to do next.
- 5. Tailoring:** Tailor your pitch to the person or company you're talking to, and show you've researched them to prove your interest.
- 6. Call to Action or Question:** End by asking a question, suggesting next steps, or requesting specific information.



What makes this opening interesting?



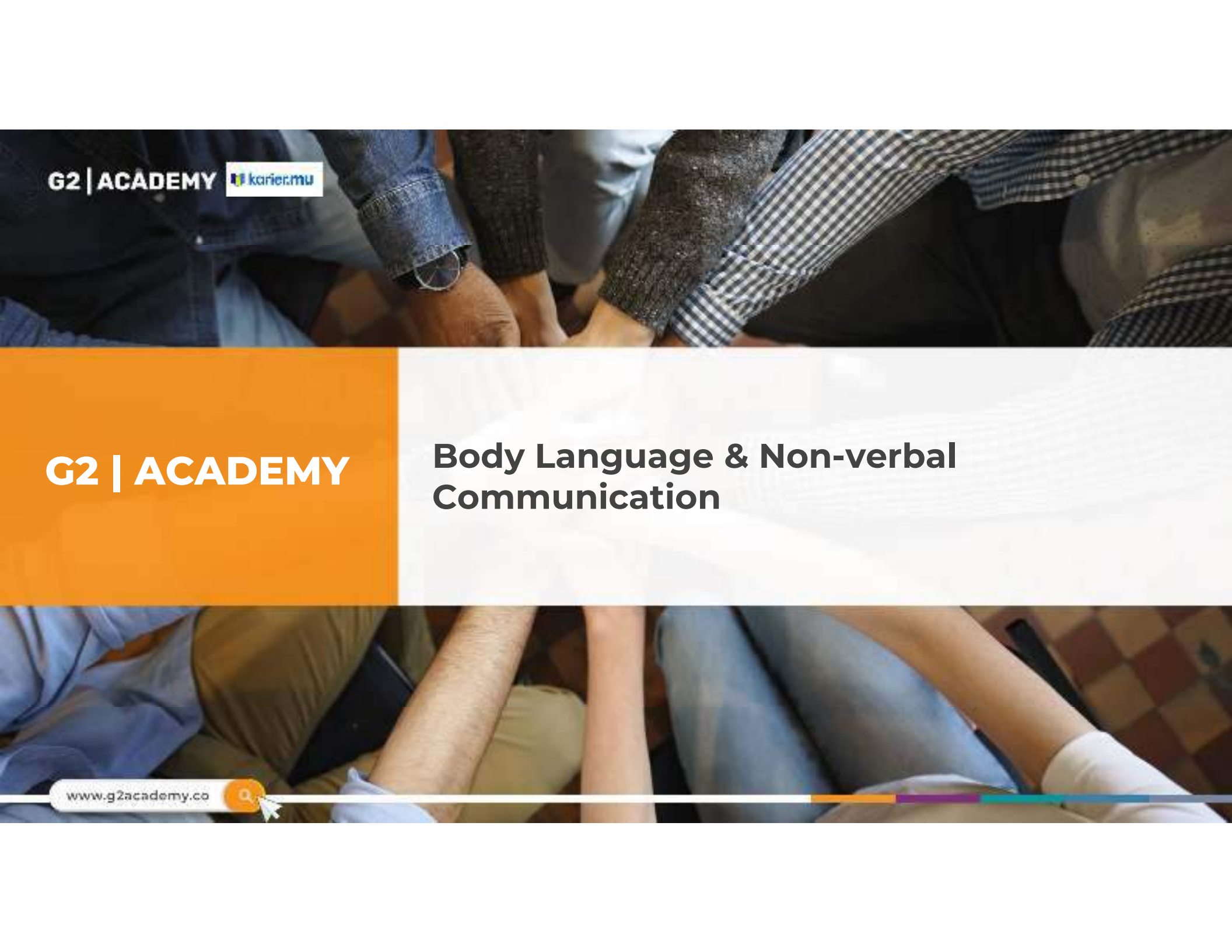
The exercise is simple,

- 1. I will give you a topic below**
 - 2. Your task is to create a speech based on it**
 - 3. Present your speech on mic (one person each topic) (Remember: use 3P and storytelling)**
-

Bagaimana Mengatasi Rasa Malas?

Mengelola Waktu dengan Bijak





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Body Language & Non-verbal Communication

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Gestures that support the message



Descriptive Gestures

help indicate position, location, size, shape, or number



Emphatic Gestures

underscore strong emotions, conviction, or the importance of a point



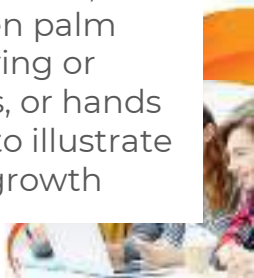
Suggestive Gestures

can symbolize thoughts, emotions, or actions, such as an open palm suggesting giving or receiving ideas, or hands moving apart to illustrate separation or growth



Prompting Gestures

can symbolize thoughts, emotions, or actions, such as an open palm suggesting giving or receiving ideas, or hands moving apart to illustrate separation or growth





Eye Contact

- It **builds audience connection**, shows confidence, and keeps people interested
- Not making eye contact make you seem nervous, unprepared, or uninterested, hurting your connection with listeners.
- Good eye contact means scanning the room and briefly locking eyes with individuals to make everyone feel included.
- **Hold eye contact briefly with one person or group** before your gaze to others.

Facial Expression

- **A real smile** helps you and your audience feel at ease, making the talk more engaging.
- Your facial expressions **should match what you're saying** and how you want to feel.





Things to Avoid

- **Fidgeting** (like playing with a pen or touching your hair) **shows nervousness and distracts listeners.**
- **Over-gesture:** Avoid over-the-top or pointless hand gestures—like hand-wringing, choppy motions, or face-touching—as they distract and look unprofessional.
- **Avoiding eye contact:** Looking down, up, or at notes seems unconfident; in virtual meetings, not staring at the camera breaks eye contact with your audience.
- **Walking back and forth excessively:** Move with purpose to engage live audiences, but stay in the camera frame for online viewers.



- Using too many **filler words** (like "um" and "uh") can be **distracting** to your audience
- **Meny Crossing hands:** This can give the impression of being defensive or closed off.
- **Avoid the tendency to shake your head excessively**



The exercise is simple,
1. Pay attention to this videos
2. Explain why this non-verbal communication is very good





The difference between offline and online speaking

Feature	Offline (In-Person)	Online (Virtual/Hybrid)
Audience Feedback	You can instantly see and hear audience reactions through their body language and feel their energy.	Online audiences give slower feedback through chat, with less energy, often feeling like observers rather than participants.
Voice & Vocal Energy	Adjust your voice volume to the room size, using a microphone if needed for bigger spaces.	Speak with clear, energetic variation in your voice and use a good microphone for best results.
Gestures & Movement	Use big, expressive gestures and move confidently around the stage to engage your audience.	Keep gestures small and controlled so they stay visible on camera, focusing on upper body movements.
Eye Contact	Make eye contact by briefly holding your gaze with different people around the room to connect with your audience.	Look straight at the camera to simulate eye contact—it feels awkward at first but keeps online viewers engaged.



Non-Verbal Communication

Look at the camera, not your screen, to engage online viewers—place notes nearby to help remember.

Use small, natural gestures that fit on camera to emphasize your points clearly.

Stand or sit tall to look confident and in control.

Match your facial expressions to your words, and smile to connect better—especially on camera

Vocal Delivery Techniques

Speak energetically to keep listeners interested.

Change your voice tone, speed, and loudness to sound engaging and avoid sounding boring.

Speak clearly and focus on articulation and pronunciation

Utilize strategic pauses

Engaging the Audience

Make online attendees feel included and engaged.

Tell online attendees upfront how to participate, like using chat or raise-hand tools.

Ask online viewers first to **make sure they get equal chances to speak.**

Ask interactive questions and play online icebreaker game to make it more engaging





Ensure good light

- Having enough light is important.
- You should be well-lit.
- This helps your face be clear.
- Avoid shadows on your face.
- Do not sit with a bright light or window right behind you. This makes your face look dark.
- The main light should be in front of you.
- Putting the light slightly above your eyes can help remove shadows.
- Natural light from a window is good if it is in front or to the side.
- Good lighting makes you look professional.
- It can also make you feel more confident on camera.



The exercise is simple,

- 1. I will give you a topic below**
 - 2. Please create short explanation about it**
 - 3. Present your topic on mic (one person / topic)**
(Remember: use body language & eye contact)
-

Climate change

Academic Stress

Free topics

Free topics



Type in chat

***What is your biggest challenge
in online public speaking?***



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Tips Presentasi untuk Interview & Job Fair

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The STAR method helps you **answer behavioral interview questions clearly by sharing real-life examples**

S - Situation

Describe the background or context. Keep it brief. Give enough information for the interviewer to understand.

T - Task

Explain your specific job or challenge in that situation

A - Action

Tell what specific actions you took. Focus on what you did.

R - Result

Share the outcome of your actions. Use numbers or data if you can. Also, explain what you learned from the experience.



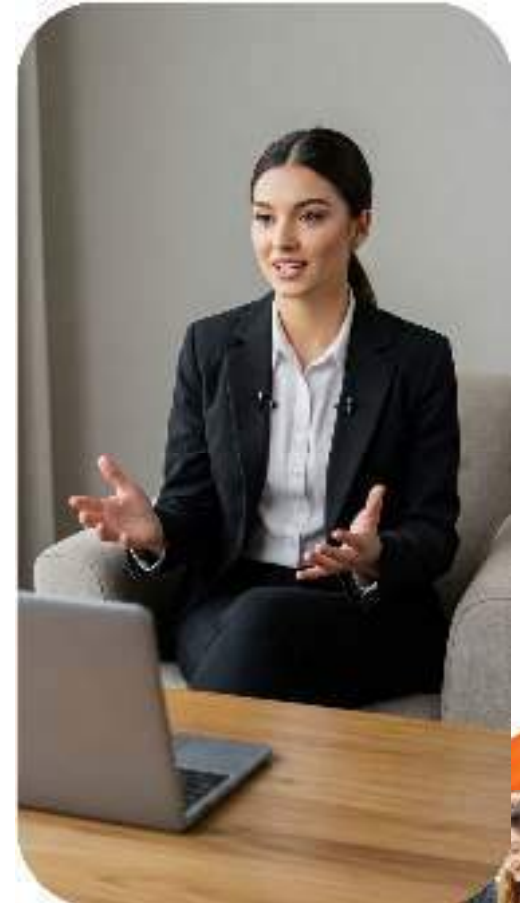
Body language and intonation during online interviews

Body Language

- **Look directly at the camera lens**
- **Sit or stand upright** to show confidence
- **Lean slightly forward** to show interest and attention.
- Keep your hand movements **within the camera frame**

Intonation

- You might need to consciously **project more energy online**
- **Vary your voice** by changing pitch, pace, volume, and tone
- **Use strategic pauses** when speaking.
- **Good audio quality** is crucial for online communication



The exercise is simple,

- 1. I will act as an HR Interviewer**
- 2. One of you will play the role of interviewee**
- 3. The focus is to utilize body language & intonation**

“Any volunteers?”



Any volunteers to present
their elevator pitch?

You are currently meeting
with HR Interviewer

Template Elevator Pitch

- "Nama saya _____."
- "Saya adalah seorang _____ (profesi/posisi)."
- "Keahlian utama saya adalah _____."
- "Saat ini, saya sedang mencari _____
(peluang/kolaborasi)."
- "Anda bisa menghubungi saya di _____
(kontak)."

Sharing session dan QnA



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Thank You

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