

Public speaking- Lecture 9 (Pr. El Hadari)

Emotional intelligence as a soft skill (life skill):

✓ Emotional intelligence is the ability to express emotions, control emotions, understand emotions, evaluate emotions, manage emotions, deal with emotions, be aware of emotions, monitor emotions and care about emotions. It is the ability to connect yourself to your own feelings and emotions and to the emotions of others.

✓ The issue of whether emotional intelligence is learnt or acquired or inborn is debatable. But the most important thing is that we need it in our life.

✓ Emotionally intelligent people have the capacity to build good relationships with others.

✓ The way people deal with their emotions and feelings guides their thinking and actions.

✓ Emotional intelligence is one of the most important qualities of great leaders. Real leadership requires emotional intelligence. According to Daniel Goleman, there are five areas of emotional intelligence:

1. Self-awareness;
2. Self-regulation;
3. Motivation (intrinsic and extrinsic);
4. Empathy;
5. Social skills;

Examples of what emotional intelligence looks like:

Example 1: When you have the capacity to express yourself without fear, you are emotionally intelligent.

Example 2: When you have the power to control yourself in difficult situations, you are emotionally intelligent.

Example 3: When you care about the emotions of others, you are emotionally intelligent.

To conclude emotional intelligence is an important skill in public speaking and debating contests (competitions). Public speakers and debaters with this skill have the power to pass on their messages and communicate their ideas and views without fear, stress, anxiety and stage fright. Emotional intelligence enables public speakers and debaters to reach the hearts of their audience and endear themselves to their listeners.

Critical thinking (≠Conformism) as a life skill:

✓ Critical thinking is the ability to question and doubt everything and to stop holifying people and ideas. It's the power of believing in the notion of relativity. It is the capacity to submit ideas and opinions to critical examination, investigative evaluation and rational analysis. It is the power to have an inquisitive mind.

✓ In order for people to be critical thinkers, they should be good observers, analysts, interpreters, listeners, readers, skeptics and questioners.

✓ People with the critical thinking skill can make independent and free choices and decisions. They can act and work without handholding.

✓ Critical thinking is very important in public speaking and debating. Public speakers and debaters with this skill are more likely to do well in comparison to others. They have the power of critical reflection. They can decide on what to say and what to leave out, on what to do and what to discard, on when to talk and when to keep silent.

Time management as a life skill:

✓ Time management is an important life skill. Many people probably know that they need this skill in their life, but this is just theory. The respect of time as a value is easier theorized than practiced. It is easier said than done.

✓ Time management is critical in public speaking and debating. When a person, for example, is speaking in public, there is an audience and the jury watching the time. Thus, being on time or in time should be an important question to raise when preparing and planning for a public speaking event.

✓ Generally speaking, there are three categories of public speakers: Racers, lingerers and pacers.

Racers	Pacers	Lingerers
<ul style="list-style-type: none"> ✓ There are too fast. They want to get the speech over and leave the stage. ✓ They want to get on-stage and off-stage faster than the speed of light. ✓ They are like loaded guns. 	<ul style="list-style-type: none"> ✓ They are very calm. They have the ability to work with the clock. They speak within the time given to them. ✓ Practice can make big progress when it comes to time management. 	<ul style="list-style-type: none"> ✓ They are too slow. They enjoy being on stage and want to say everything they have. ✓ These speakers usually run out of time. ✓ Speaking too slowly in front of an audience can be seen as a sign of disrespect.

As a conclusion, time management is a critical life skill in public speaking and debating. It should be taken into consideration before the delivery of the speech. Practice the speech can help time it. Planning everything including time before being on stage is almost a must to manage time. Last but not least, public speakers should enjoy their time with their audience.