

How To Be A Confident Speaker

Confidence is a vital part of being successful in our professional life. One of the areas where confidence matters is public speaking, where we have to convince the audience. The movement of some body parts is essential to becoming a confident speaker. The first body part is our eyes. We have to make eye contact with the audience. If we are looking up or towards the wall or, even worse, down during public speaking, the audience will get the impression that we are not confident that we are looking for our own words. So, it is essential to look at the audience while speaking. The second movement is a friendly face. It might be helpful to put a friendly smile on our faces. It creates the impression that we are not nervous when smiling and feeling confident. Furthermore, friendly people, their message will be believed easier and will be remembered longer. The third body part is our hand, which reaches out to the audience to shorten the physical distance between ourselves and the audience. Sometimes we put our hands behind our back or in our pocket as if we have something to hide. However, we have got a message that we want to share with the audience and we cannot share anything with hands behind our back. So, if we use our hands, we have to be sincere about it. The last and foremost body part is our feet. Physical stability is the same thing as confidence. So, we have to maintain the stability of our feet like a tree and not put them close together. Therefore, we must maintain our movement like slow enough, big enough, and deliberate enough to be confident speaker.

Do's and Dont's when to deliver a speech

Every speech requires different speech delivery. Moreover, every speaker has a different style. However, these Do's and Dont's when to deliver a speech are relevant to everyone.

Do's:

Firstly, we have to check technical issues before delivering our speech. Secondly, we become relaxed, prepared to be flexible and stable to the audience to make them comfortable. Thirdly, we should always start with a friendly welcome. Sometimes it is better to turn it into a joke or funny stuff. Fourthly, we may use stories in our speech. There is nothing better to capture the imagination and attention of the audience without a story. Fifthly, we can share our big idea in front of the audience. Some speakers have started their speeches to share their ideas and the audience also loves to hear them. Sixthly, we can try to be a quirky one-liner. Sometimes, trying to open the speech with something very intriguing, humor or curiosity is a great way to start a speech on a high. Lastly, we have to be creative thinkers. Creative thinking of an interesting fact about the audience or the topic can lead us into our content. An interesting fact or even a question to the audience is becoming passionate about our content.

Dont's:

Firstly, we should not open our speech by starting with technical issues. If we call attention to something not working, the audience will think about it. Secondly, we should never mention our nervousness to the audience. It distracts the audience as well as makes the audience nervous. So, they will begin looking for all the signs of our nervousness. Thirdly, we should never give a half-hearted welcome and start with a boring nicety or worse. Sometimes doing those things sounds fake to the audience. Fourthly, we should not talk too fast or too slow so that our audience can understand what we are trying to say. Fifthly, we have to make eye contact with our audience and not read anything from the slides. It creates an impression that we are not confident in our own words. Sixthly, we cannot ignore or be disrespectful to the audience. It is better to have a good interaction with them. Lastly, we should not be over-rehearsed. It is highly recommended to express ourselves in front of the audience by our real personality.