* **What is your level of nervousness? How does it affect your ability or inability to give speeches?**

The more people I have to give the speech to, the more nervous I get. Just having all those people stare at every movement and facial expression that I make just makes me nervous, and I don't know why. If I’m giving a speech on a topic which I am already familiarized, then it is easier for me to give out a speech, but nevertheless there is always some doubt in my mind that I will not succeed

* **How does “your bully” affect you when thinking or speaking publicly? What does the speaker suggest when preparing to a speech. Practice some of these techniques and discuss how whether they were effective or not?**

Standing in front of a big crowd is easy, but trying to deliver a full complete speech that it’s not written and trying to get the message across to a crowd, and not messing up is definitely not easy. Somehow even though I practice to be prepared to give a speech, there’s always a glitch feeling that makes me nervous that tells me that I will not deliver a message to the listener the way I was hoping to give, and eventually fail.

Memorize begging and ending of your speech: Knowing how your speech will start and how it will end will give you a structure on how to give your speech

Give 3 to 4 things about the subject : Whether you have a long or short speech, keep from having to overload yourself by giving the listener too much or unnecessary information and keep things to a minimum, that way you don’t overload people by speaking too much, and even confuse the listener.

Focus on information and not presentation: People listening to you are expecting you to deliver a message across and are not really focused on how you decorate a powerpoint presentation.

Anticipate questions: Be more than prepared to answer any questions, and don’t try to evade answering by changing the subject.

Bring a photo and put in your notes: Having a picture of a special someone or something that brings a smile to your day.

Meet people and audience: Engage with your audience before, during, and after your speech, make sure they get to know everything from A to Z

* Share some methods you use to relieve nervousness when preparing or delivering a speech. Explain how and why these methods have helped you or will help you.

Breathing: Whenever I feel nervous or get the chills, I just try to relax, take a deep breath, inhale and exhale.

Smiling: Giving a smile or two when you are giving a speech makes your audience feel more comfortable, and even making one joke on two on the subject will make it more appealing.

Drinking Water: When making long speeches you need to have good breath control, but besides that your throat can get sore from speaking too much, but water quenches that, and even gives you more energy to speak.

Make eye contact: Looking at your audience when speaking is a main key to get their main attention, making visual communication and body gestures are most appropriate when giving a speech,

Be more than prepared: Practice every part of your speech from beginning to end, don’t try to memorize, instead practice by using index cards and have somebody be your testing audience.

Get the main point across: Don’t just talk the talk, walk the walk. People just don’t want to hear you speaking, they want hear something that makes sense and is understandable. Giving real life examples, promotional products, and showcasing what message you are trying to convey definitely helps to get the main point across.

Speak loud and clear: People just don’t want to see your mouth moving and pointing to text, you have to make sure that you speak as clearly as possible and the audience gets the message.