

I) Body Language

Exercise 1 – The basics

B1- Instructions for Participant

“Hi, my name is xyz”. Take a few steps to one side, “I am here to talk to you about the benefits of a heart based meditation.”

Exercise 2 – The importance of body language

B2 - Instructions for Participant

“Hi, my name is xyz. I am here to talk to you today about a heart based meditation practice, which helps with tackling stress and overall wellness”. “blah blahblahblah”

II) Voice Modulation

Exercise 1 - The Enunciation

VM 1 - Instructions for Participant

“I am here to talk to you about the challenges faced in schools, due to shortage of enough good teachers. This is becoming an issue of national importance.”

Exercise 2 – Emphasis

VM 2 - Instructions for Participant

Introduce him / herself, “With smartphones today, people constantly distracted. This is leading to attention deficit disorder at an epidemic level”

Exercise 3 – Voice Projection

VM 3 - Instructions for Participant

“I am here to speak about the importance of tuning within oneself, for a few minutes everyday, and how meditation can help with this. Can you hear me clearly at the back?”
About 15 feet from the participant, move 6 more feet back. Repeat the exercise.

Clarify that the ideal source for voice in public speaking, is for the voice to come from the pharynx (throat), using the skull as a resonance chamber. Exercise of holding the pharynx, looking up at the sky and yawning loudly. This opens up the voice. Repeat the exercise to demonstrate the right way to project the voice.

III) Power of Pause

Exercise 1 – Length of pause

PoP 1 - Instructions for Participant

Ask her to introduce herself and say, “I have been practicing meditation for x years”, pause and say, “this is the best thing that has happened to me”, pause again, and say, “I would like you all to have this wonderful experience.”

IV) Presence

Exercise 1 – Subconscious evaluation

P1 - Instructions for Participant

Walk in from one side, as if she is about to present on a topic. Make eye contact with the audience and pause.

Ask the group to comment on the person by saying, “I felt that she brought a _____ presence to the room.”

Exercise 2 – Power of Intent - Just intent, can shift the speaker’s presence.

P2 - Instructions for Participant

Ask the same participant to now take 30 seconds, to think about what presence she would like to bring to this session, and then walk in, make eyes contact with the audience and pause.

“I felt that she brought a _____ presence to the room.” And filling in the blank.

V) Empathy

Exercise 1 – Part A – Empathy is not easy - It is very difficult to be empathetic in a public speaking scenario.

E1 - Instructions for Participant

Ask the participant to now address the audience for 2 minutes and invite them as per this scenario.

Exercise 1 – Part B – Shifting perspective (Repeat with the same participant as Part A)

E2 - Instructions for Participant

Make yourself part of the group.

“We are losing our place”. You are friends with one of them, “My friends and I often discuss similarities of our meditation practices”. Be genuinely warm in your invite. “It is a different meditation, but you might like it, and you are welcome to try it.”

VI) Impact

Exercise 1 – Summarizing and creating takeaways

I1 - Instructions for Participant

Ask the participant to conclude his / her talk with a 2-minute summary and include 3 takeaways that the audience should remember.

Exercise 2 – Punchline

I2 - Instructions for Participant

Concluded her talk with a punchline that “Remember I said the entire country had 50M people 2000 years ago? I want to leave you with a question – By 2050, our larger cities like Delhi, Mumbai etc. are themselves going to be that size or more. Can we imagine this? Would any of us like to live in those cities?”

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