How would you feel if I invited you to stand in front of a hundred people that you don't know and try to share personal and professional stories to create, ignite, and inspire creative action? Is that a proposal that you would run towards? Would you say, "Yes, that's full of promise for me and potential," or would you like to push me over and run to the hills? Probably the latter. A lot of you are thinking, "Great, public speaking. I kind of do a little bit of that, but it's not my favorite thing ever to do."

For the last six years, I've been running TEDx Wellington down in the capital city of New Zealand, asking people to do just that: stand and share their story in their voice. I've coached leaders, ex-All Blacks, CEOs of big companies, and even a Dame thrown into the mix. However, I've got about as much public speaking experience myself. I've been really lucky to speak to small audiences as well as larger audiences on five continents around the globe on different topics. I spend my time trying to help people find and have their voice.

Today, with total humility, I’m going to give you the public speaking lesson that you should have received when you were a kid or at least when you started work. So, this is me—born in The Valleys of Camry, South Wales. Look at that! Not a lot of people can pull off the stripy sock flouncy shirt with a short and kind of vest top like that. It was the '80s, so forgive me for that.

I was the runt of the litter; I got two older brothers who remind me I'm the runt. Cool! I was born with a hearing impairment that was very quickly picked up. Through my formative years, I had to have a lot of speech therapy. If you know anybody with a speech impediment, they may need to do with their sharing but sometimes not. As a kid, I couldn't hear the sounds to then save the sounds.

I remember from about five years old until I was about eight or nine going with my mom every week to the speech therapist's office. I had a couple of doctors who taught me to listen and then pronounce words back or at least certain consonants and groups of consonants. By my teens, I was in and out of the hospital with evasive surgeries related to my perforated eardrums—skin grafts and mastoidectomies (that's a big word for cutting little bones out in the middle ear). So I'm left with a deficiency.

However, fast forward—I’m now speaking to you about speaking, which is kind of ironic but cool! How we turn these superheroes always have as many flaws as they do superhero skills as well. So I've turned listening into my speaking skill in terms of what I'm going to share with you in a little bit: how speaking can really be more about listening than it is about talking.

In my history of speaking, this is my favorite ever speaking gig: hopefully looking cool and calm and collected at a conference called The Sandbox Summit at MIT in Boston. If you know that place, it's a big deal! It was the closing keynote; always go on last or towards the end because people remember you much more then. That was the first time I really stepped into my vulnerability as a speaker.

I talked about my hearing difficulties but also shared my creative insights. The impact was that I got people to dance with me! Seriously! This is me dancing with people! Just to prove it—I come up in a minute; spot the bad white boy dancing right there!

So now I know that if you get the right components together, you can physically move people into dancing with you. What are those components? **Well, with a big Jedi mind trick and three other elements, I'm going to give them to you: Grace, Credibility, and Resonance. (1)**

Let’s go through them very quickly:

- Grace: It's not what you're saying; it's how you're saying it.

- Credibility: **That's the stuff coming out of your mouth—the stories you choose to tell and how you choose to tell them. (2)**

- Resonance: That's the audience's role in your talk—what are you leaving them feeling? **The great Maya Angelou paraphrased here said that people will remember how you made them feel long after what you told them or what you did. (3)**

Let’s take them one by one—chapter by chapter—and now I'm going to show you stuff that you can't unsee! I apologize for that because once I reveal things to you, you're going to see other people speaking and think, "Ah, DK told me about that!"

Let's start with my favorite thing to work on with clients: Grace. Remember, it's not what they say; it's how they are saying it—their whole **physicality** **(4)**. My favorite thing is stopping clients from walking too much or moving in weird ways while speaking.

First, let's start with your feet. I'm quite solid up here; I don't mind walking forward occasionally and stepping back gently when I've made my point. Some people do different things—one called a hip bop and another is called one-legged walking.

The hip bop involves sitting on one hip and transferring weight onto the other hip every sentence—if there was a beat playing in the background, you'd have hip-hop movement right there!

**My one-legged walking is kind of fun because you'll see this often: people stand up but for some reason want to leave when they know they shouldn't be moving around too much because there are eyeballs on them—they're in trouble with their tribe! (5)**

So that's an issue because if we have some people wandering around feeling off balance, they throw their focus downwards instead of connecting with their audience.

**These issues can be solved with one solution: the soft rock star pose! This is when you're strong and firm while standing up to speak—not standing awkwardly where I can one-legged walk or hip-hop. (6)**

Now let’s move up higher—some people are swivelers; they don’t realize they're swiveling while they speak! That’s cool; just tell them if they don’t know what they're doing because they might not realize it.

Moving higher up again—we have hands! Some people gesticulate wildly while speaking; I'm one of those! **Hands are good for emphasizing points; however, some have gestural cues where every point they make is joined by hand movements. (7)**

If they're shaking due to nerves—give their hands something to do! Hold a clicker by their side or put a handkerchief in their pocket so they can squeeze it without anyone noticing.

**Now let’s talk about scripts—a lot of people think they need scripts when they speak publicly. But here's why that's not ideal (8)**: **when speakers use scripts (especially paper), it often leads them to shake even more because they're focused on holding onto something rather than connecting with their audience. (9)**

When you're using paper while standing there presenting—guess what? The paper shakes too! Now everyone sees you're scared; it amplifies your nerves!

So what happens when we get rid of scripts? People ask how they can practice without one—well, here's the truth: You can't practice public speaking out loud; instead, prepare for how you're going to feel when standing on stage.

Most practice wrong by writing scripts—there's a communication deficit since we write differently than we speak. So if your starting point is writing down everything word-for-word—it leads us astray!

**Instead of practicing at home with pets or family who say "You're going to do great," prepare for physiological responses because that's where most struggle during presentations. (10)**

Now let’s move on to Credibility, which is interesting because it’s all about what comes out of your mouth—the stories told matter greatly!

TED has raised expectations for presenters significantly; now anyone standing here has high literacy levels based on previous experiences seeing great presenters! As speakers today—we must step up our game!

How do we craft great stories? **Brevity is key—think about how tough it can be when someone says they'll just speak for two minutes—but then minutes later you're wondering if they've gotten anywhere near making their point! (11)**

Brevity requires skillful editing—condensing ideas down into stories matters greatly! There are many narrative forms available; simply tell where you've started and where you've finished while filling in details along the way!

My favorite model is simple: "Get up; tell me what you're going to tell me; tell me; then tell me what you've told me." It doesn’t get easier than this!

**There are more complex models available too—but all we need is lived experience stories rather than bullet points—which lead nowhere fast! (12)**

**Remember: bullet points kill attention! (13)**

1. What is one of the three components necessary for a great talk, according to the speaker?

- A) Grace

- B) Humour

- C) Lengthy content

- D) Visual aids

Answer: A) Grace

2. What does Credibility refer to?

- A) The speaker's attire

- B) The audience's familiarity

- C) The stories told and how they're delivered

- D) The use of visual aids

Answer: C) The stories told and how they're delivered

3. According to Maya Angelou, what will people remember long after?

- A) What was said

- B) How it was said

- C) The length of presentation

- D) How it made them feel

Answer: D) How it made them feel

4. What does Grace refer to in public speaking according to the speaker?

- A) The content delivered

- B) The physicality and delivery style

- C) The audience's reaction

- D) The length of speech

Answer: B) The physicality and delivery style

5. Why is one-legged walk considered an issue by the speaker?

–A) It looks funny

–B) It shows confidence

–C) It disengages the audience

–D) The speaker feels off-balance

Answer: D) The speaker feels off-balance

6. In terms of physical presence while speaking, what does the speaker suggest about posture?

–A) Slouching is acceptable if you are comfortable.

–B) Standing strong and firm helps project confidence.

–C) Moving around excessively keeps the audience engaged.

–D) Leaning on objects makes you appear relaxed.

Answer: B) Standing strong and firm helps project confidence.

7. What does the speaker recommend doing with hands while speaking?

- A) Keep them in pockets at all times.

- B) Use them for gesturing to emphasize points.

- C) Hold a script tightly.

- D) Avoid using them altogether.

Answer: B) Use them for gesturing to emphasize points.

8. What does the speaker suggest regarding using scripts?

- A) They should always be used.

- B) They should be avoided.

- C) They are helpful for beginners.

- D) They are necessary for practice.

Answer: B) They should be avoided.

9. According to the speaker, what is a common issue when people use scripts during presentations?

- A) They tend to shake more due to nervousness.

- B) They become more confident.

- C) They engage better with the audience.

- D) They remember their points better.

Answer: A) They tend to shake more due to nervousness.

10. What does the speaker say about practicing public speaking?

- A) It should always be done with a script.

- B) You can practice in front of your pet.

- C) You can only prepare for how you will feel on stage.

- D) It is unnecessary to practice at all.

Answer: C) You can only prepare for how you will feel on stage.

11. What does brevity refer to in storytelling?

- A) Lengthy narratives

- B) Shortness and clarity

- C) Complex vocabulary

- D) Use of bullet points

Answer: B) Shortness and clarity

12. What advice does the speaker give regarding storytelling in presentations?

- A) Use as many bullet points as possible.

–B) Tell lengthy stories for better engagement.

–C) Focus on lived experiences rather than theoretical knowledge.

–D) Always include complex vocabulary in stories.

Answer: C) Focus on lived experiences rather than theoretical knowledge.

13. What do bullet points kill according to the speaker?

- A) Time

- B) Interest

- C) Attention

- D) Clarity

Answer: C) Attention