

Preparation for public speaking

When planning a speech, consider that the attention of the listeners is kept at a high level only 15-25 minutes, after which drops sharply. You need a plan to be structured in such a way that for the first 20 minutes it contained important and rich information, then the information is designed for unloading of students, then 15-20 minutes of active information.

The place of performance

Speaker on the future performance it is necessary to examine where exactly it will be and which side will be watching the audience. When choosing the location is important is the fact that the speaker should be visible on the chest.

Fear of speaking

Dwell on the main problems for most people during public speaking is the anxiety, fear, and anxiety. At first glance for speaker, they seem insurmountable. There are many fears, such as [essay writing help](#) to forget the text, not to cope with their emotions, to confuse the text of the speech, not to answer questions that will lead to the loss of audience interest. Fear of speaking in public can experience not only timid and shy people, but for experienced speakers, when you make a new topic or before a strange audience. Fear of speaking is one of the most common phobias in the world.

So, how to deal with fear before a performance?

One of the most effective ways of dealing with fear of public speaking is thorough preparation for the performance on the audience. For a successful speech requires a good grasp of the subject of the report, because the better orator versed in the subject, the less fear there is in the moment public speaking.

The important point is pre-rehearsal performances and forecast issues that can set listeners. To drill pronunciation clear and confident sentences, practicing intonation, facial expressions will approach the work with a tape recorder or video camera. This pre-rehearsal reduce fear, excitement, will help to feel much more confident speaker.

One of the main psychological factors of dealing with fear before a performance is unsurpassed appearance. It gives confidence and comfort she.

It is very important initial appeal to the audience. Many speakers feel insecure when addressing the public. The most effective would be more simple, without exaggeration, appeal, but at the same time, business and respect. At this point trainees need to understand that the speech is intended for them and carries a huge amount of useful information that will be useful later in life.

During the speech the speaker needs to be confident not to break down himself and know that everything will work out. First of all, before pronouncing the speech, to gather, count to ten, if possible, take a drink of water and calm down.

To the public should be treated with a smile, radiate positive mood, energy, friendliness and interest.

At the moment looking at the audience, it was important to find friendly faces who listen attentively to it, need feedback from people to whom are speaker.

Another effective way of dealing with anxiety is to imagine at the time of presentation to communicate with loved ones. At the right moment to master his emotion, to control your emotions and overcome fear is the absolute key to the success of public performance.

At the end of the speech, the speaker needs to be prepared for questions and to enroll those, thank you for the question, to give a detailed, precise and clear answer to the listener.