



TEN TIPS FOR SPEAKING WITH CONFIDENCE

- 1 STAND TALL AND FREE**
Posture is important, you can't speak confidently if you're slouching or really tense.
- 2 BREATHE**
Breathe through your nose into your belly before you start to speak. When speaking in a group setting you will need to generate more sound more from your core or centre.
- 3 PRACTICE SPEAKING OUT LOUD**
Learn to hear your voice beyond a conversational level. You can use your hands to partially cover your ears so you get a different sense of how your voice sounds.
- 4 SLOW DOWN**
Try to speak more slowly than you would in a conversation with a friend. This forces you to choose how you say each word, which will mean they are clearer to your audience.
- 5 BE ENGAGED & ENGAGING**
Look at the people you are speaking to (don't look down, or at the floor). You want people to see your eyes. However, be aware that repeated and direct eye contact from you can make your audience feel uncomfortable.
- 6 AVOID RANDOM MOVEMENT**
Avoid fidgeting, twitching, and other random movements that will distract from what you're saying.
- 7 STRETCH**
If you've been sitting, stand and stretch to limber up your body before you begin to speak. If you have dry-mouth, yawning and lightly biting your tongue will prepare your mouth and jaw for speaking.
- 8 BE "IN" YOUR BODY**
Study a martial art. Martial arts teach you about your body and how to move in and inhabit physical space. Many clubs, dojos, or training facilities accept students of all ages and skill levels.
- 9 HUM A SHORT MELODY**
For a few minutes each morning hum a short melody. This will help to get things 'buzzing'. This engages your breath, your voice, and the muscles that support speech and sound.
- 10 STAY HYDRATED**
Your whole body, but particularly your vocal chords (or folds), are sensitive to dehydration. Drink plenty of water, and avoid beverages such coffee, tea, soda, and black tea that may dry you out.

Check out jenlang.com for more speaking tips, resources, and events!

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