



Published on *Genders & Sexualities Alliance Network* (<http://gsanetwork.org>)

[Home](#) > [Resources](#) > [Building Your GSA](#) > Public Speaking

Public Speaking



[Download this resource](#) ^[1]

Public Speaking

(So What's the Big Deal Anyway?)

You know it had to happen! This is the moment you've feared the most. Don't worry! You're not alone -- most people fear public speaking. No matter what level of experience you have, here are a few points to think about when you step in front of a crowd.

- **Breathe** (you may be surprised how many people forget to do this and how much it helps)
- **Relax** (this may be hard to do, but it might help if you refer to the first point)
- **Know What You're Talking About** (understand what you're speaking about, don't make up things, people can generally tell when you're faking it)
- **Talk About What You Know** (speak from personal experience and be yourself, a good speaker speaks from the heart)
- **Posture** (this is your moment, so take it and own it, stand up and be counted for)

- **Articulate** (clearly say your words and pause at the end of sentences -- when practicing it helps to exaggerate)
- **Make Eye Contact** (look into my eyes, you can keep people's attention by looking at them. If you can't make direct eye contact, try looking at people's foreheads)
- **Project** (talk clearly and loud, even if you think you are loud, you probably aren't)
- **Use Complete Sentences** (use statements that make sense and try not to drop off the end of your sentences)
- **Practice** (try to memorize or run through your speech as much as possible, practice in front of a mirror and number any note cards you may use)

. . . and don't forget to breathe!

Source URL: <http://gsanetwork.org/resources/building-your-gsa/public-speaking>

Links

[1] http://gsanetwork.org/files/resources/PublicSpeaking_0.pdf