

SPEAKING IN PUBLIC-
AND OWNING IT
by Wendy S. Tucker

FORM

1. Be Confident
 - * Practice Practice Practice
 - * Breathe
 - * Relax!
 - * Eye Contact
2. Or At Least Look Like You Are
 - * Visualize
 - * Eyes over heads
 - * Heels in the ground
 - * Stand up straight
 - * Open Body Language
 - * Hands Together if it helps
 - * Pauses really are ok. Really.
3. Keep it interesting
 - * Be yourself
 - * Humor is good

SUBSTANCE

1. Humanize yourself
2. Know your audience
3. Employ literary devices
 - * trilogies
 - * primacy and recency
 - * rhetorical questions
 - * alliteration