Public Speaking

Leslie Bank M.D.
“Good communication is as stimulating as Coffee – and just as hard to sleep after”

–Anne Morrow Lindberg
“Quote”

“It is delivery that makes the orator’s success”

–Goethe 1749-1832
Impressions/Perceptions

- Knowledgeable and confident ------- Preparation
- Confident
- Credible ---------------------------- Practice
- Interesting
- Personable
- Sincere
- Competent
- Professional ------------------------ Delivery
Impressions/Perceptions

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Impressions/Perceptions

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- Practice
Impressions/Perceptions

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- Professional -- Delivery
Goal

Successfully Communicated Message
Speaking Behaviors

- Eyes ---- “1 to 1”
- Voice --- 7-8/10
- Hand --- Use /Drop
- Posture -- Hips width/Balance
- Connectors – “Search in silence”
Visuals

“Preview each visual”

“ReACTT to each visual”
ReACTT

Re-direct
Absorb
Connect
Then Talk
Humor

- Only if you are comfortable
- Never derogatory about specific groups
- Never about race, religion
- Ok to put yourself down
Conclusion

- Practice
- Have Fun
- Teach
- Entertain