### **Public Speaking**

#### Leslie Bank M.D.

## "Quote"

"Good communication is as stimulating as Coffee – and just as hard to sleep after"
 –Anne Morrow Lindberg



"It is delivery that makes the orator's success" -Goethe 1749-1832

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

KnowledgeableConfident

•Preparation

Credible

Interesting

•Practice

Personable

Sincere

Competent
 Professional -- Delivery



# Successfully Communicated Message

#### **Speaking Behaviors**

• Eyes ----- "1 to 1" <u>Voice ----</u> 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