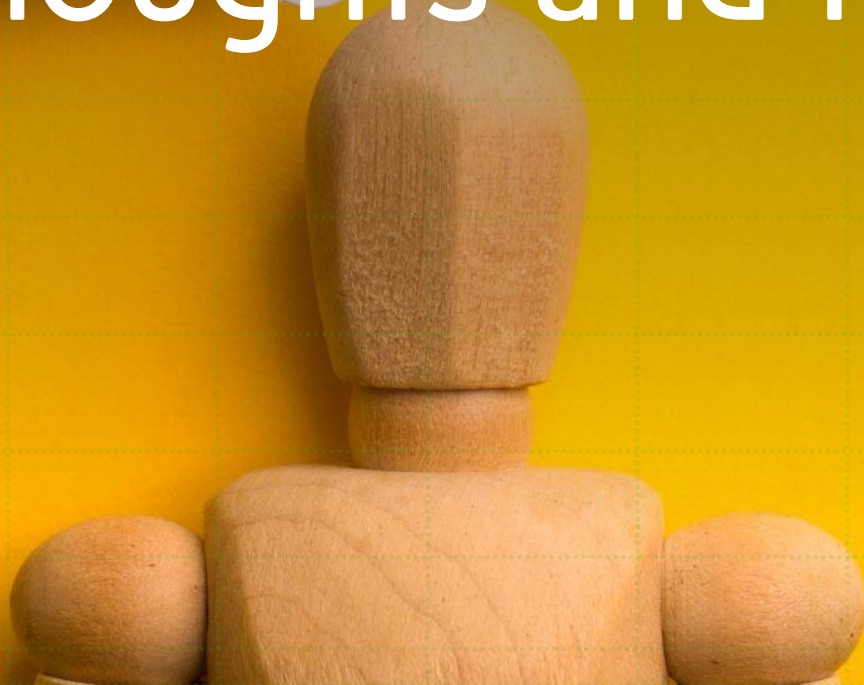




Public Speaking: Your Thoughts and Feelings



What does public speaking mean to you?

Public speaking is the art of effectively communicating your ideas, thoughts, and messages to an audience. It's about connecting with people, sharing your passion, and influencing others through your words.

How do you feel about public speaking?



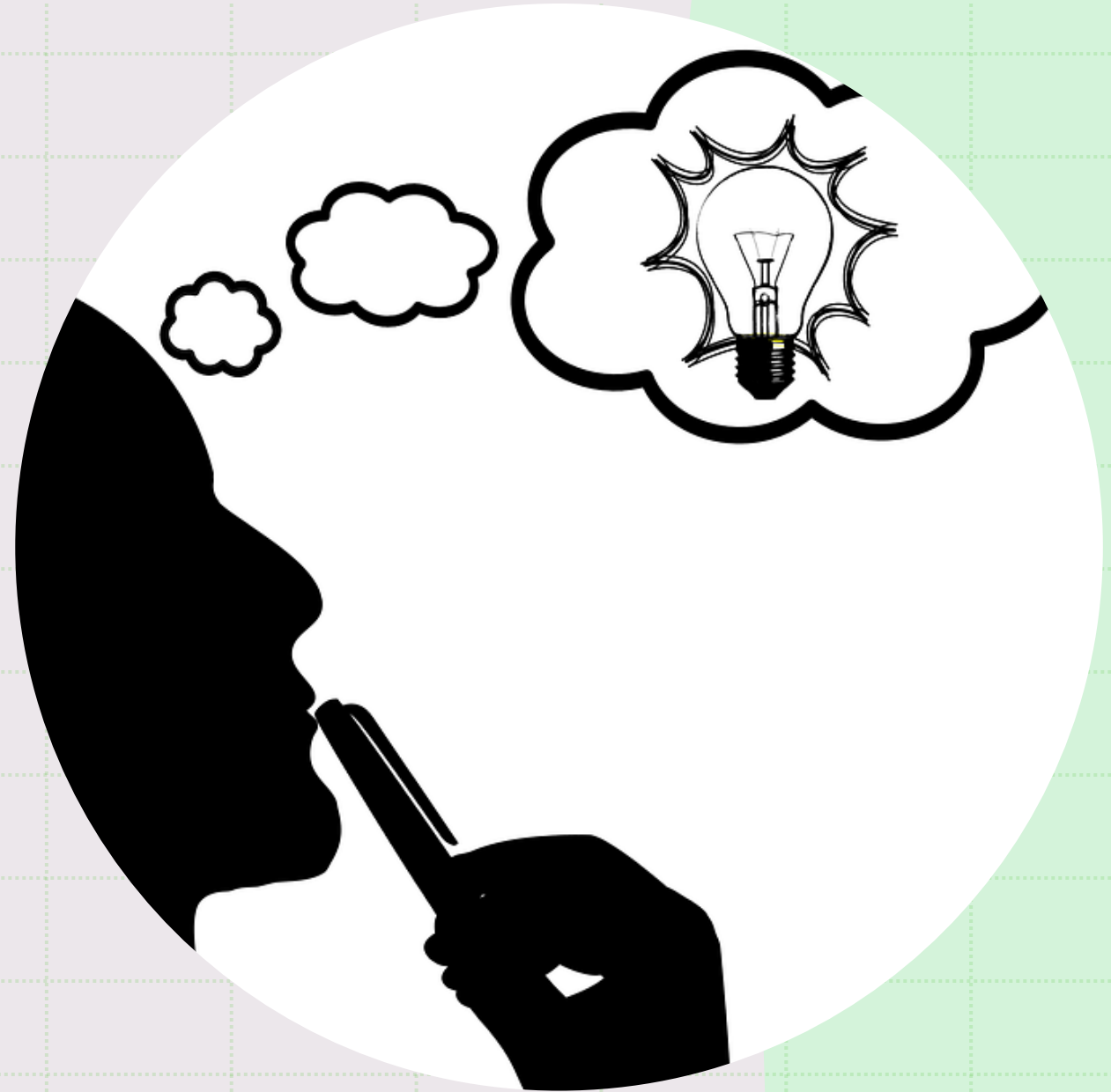
Can you all think of some tips and tricks?

- Practice your speech several times to become familiar with the content and flow.
- Engage with your audience by making eye contact with different people throughout your speech.
- Use natural hand gestures to emphasize points and keep the audience engaged.
- Show your passion for the topic through your energy and enthusiasm.



Verbal filler

1. Verbal fillers are those not-so-meaningful words that we use to fill the gaps in our speech.
2. These fillers are often used unconsciously when the speaker is thinking about what to say next. Common examples of verbal fillers include "um," "uh," "like," "you know," "so," and "actually"



Why reduce fillers?

Verbal fillers aren't bad!

They're okay in moderation if they don't distract the audience.

Using fillers such as "um," "uh," and "like" frequently can give the impression that you are less confident and knowledgeable. By minimizing these fillers, you can present yourself as more credible and professional.



How to reduce fillers?



Instead of fillers, use phrases like "let me explain," "moving on," or "another point is." These can help you transition smoothly between ideas.



Picture yourself delivering a smooth, filler-free speech. Visualization can boost your confidence and reduce anxiety.



Speaking too quickly can lead to more fillers. Slow down your speech to give yourself time to think and articulate your thoughts clearly.

Activity: Story Time

Game Rules:

- At the start of each turn, a student will receive a topic.
- They will have a total of 3 minutes: 1 minute for preparation and 2 minutes for delivering their speech.
- While listening to the speeches, classmates should count the number of times verbal fillers are used.
- The student who uses the fewest fillers wins the game!

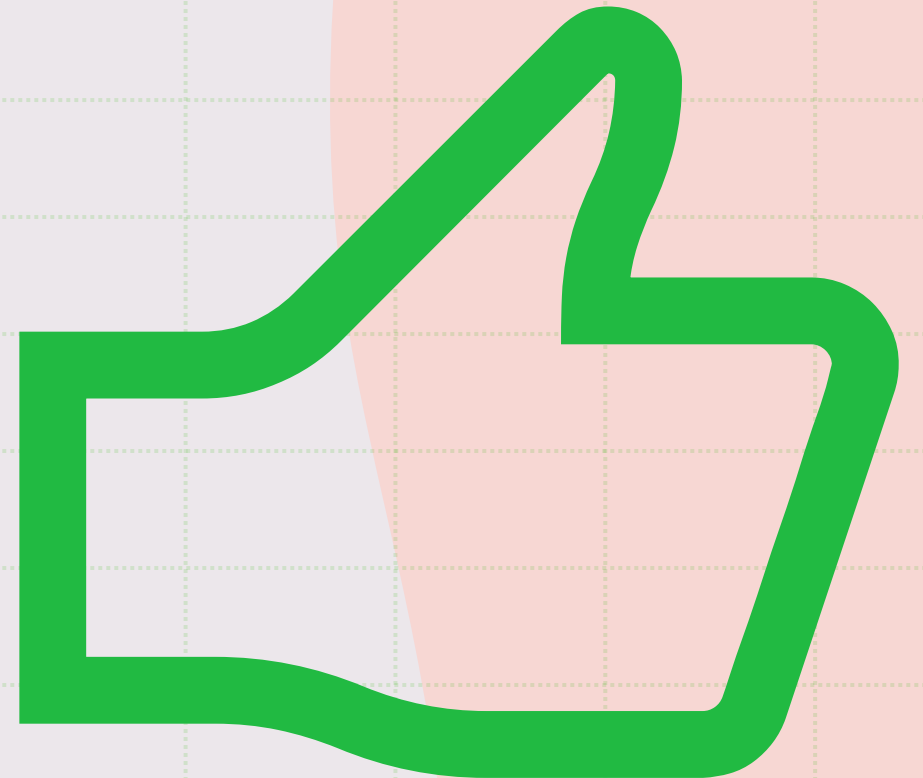
Topics:

Your Favorite Memory
What You Would Do This Coming Summer
Your Favorite Sport
What do you want to be when you grow up?

What We Learned?

- ✓ What do we mean by verbal fillers?
- ✓ Which filler words you want to eliminate from your speech?
- ✓ How to avoid using verbal fillers?

What was your favorite part of today's activity?



Resources

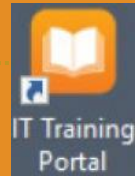
Student Feedback Poll:

Public Speaking Feedback Poll link:

<https://docs.google.com/forms/d/e/1FAIpQLSfCkQ1z01d08J6Xxclgi1dGquairfhILW75gTanxGSBINsVRg/viewform?usp=sharing>

IT Service Desk: 717-783-8330

Training Portal:



Quick Help Brainstorm Videos:

<https://app.quickhelp.com/pa/skillPaths/134711>