

# How to speak confidently in front of others

# Why confidence matters

Confidence allows the people to direct their attention towards you, and makes you appear that you are not only passionate about the subject you are talking about but also an expert on that topic as well.

Speaking confidently helps to better deliver your message to the audience, to have them resonate with what you are saying. For others to believe what you are saying, you must first believe it yourself

# 01: Eye contact





# How to make effective eye contact

- Don't directly stare into someone's eyes, but instead look at their general direction, preferably their face
- When there are multiple audiences, ensure to switch the person you are looking at.
- Maintain eye contact for a time that you find reasonable before switching who you are looking at



# 02: Breathing



# How to breathe while speaking

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- Take one deep breath before speaking
- Breathe through the nose while talking.
- Keeping your breathing at an even pace if you are feeling nervous
- Don't overly think about breathing(it makes the job harder\*)
- Occasionally pause to take a deep breath for extra emphasis on the next sentence(in a reasonable timeframe)



# 03: Casual tone



# How to maintain a casual tone and why

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- Being casual allows the audience to feel more at ease listening to you
- A casual tone also makes you feel more approachable and less rehearsed, allowing for a more natural tone to your speech.
- Try and imagine that the people you are currently talking to are your friends or someone close that you are willing to have a conversation with
  - This helps you feel more at ease while speaking as well





# Activity!

Shark tank pitch(2 rounds):

Pick a prop on the table, you have 15 minutes to prepare in groups of 2 or 3 with everyone in a group(you can also choose something else as your prop not from the table)

Try and tell the instructors why we should buy your product(come up with any reasons, as bizarre as you want, just be confident!)