The 5 S’s of Confident Speaking

Sight
- Hold gaze for three seconds
- Aim to speak without notes

Stance
- Avoid distracting movements
- Add purposeful gestures

Manage Nervousness
- Long term: Gain experience
- Mid term: Prepare and rehearse
- Short term: Take up a pre-speaking routine

Sound
- Speak loudly, lowly, slowly, and clearly
- Add vocal variations

Silence
- Eliminate junk words
- Add dramatic pauses

Smile
- Show enthusiasm and energy
- Add facial expressions to convey emotion

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