

# Public Speaking And Making Presentations



APPA Institute - 580

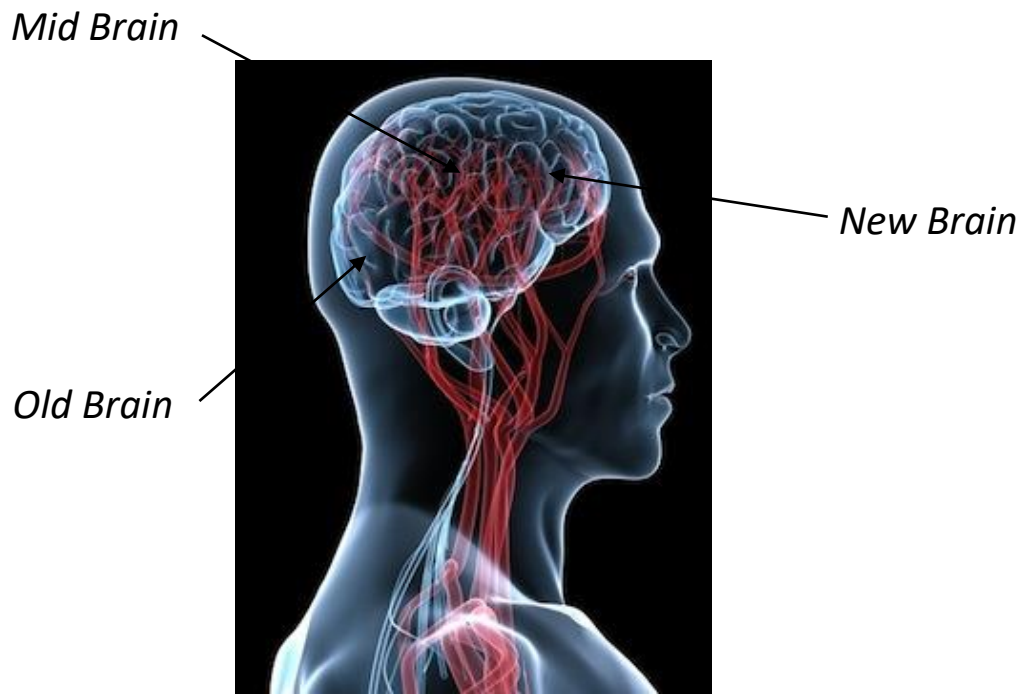
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# Causes of Anxiety



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# Fight or Flight



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# Common Demands

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

Fear of \_\_\_\_\_

Fear of \_\_\_\_\_

F \_\_\_\_\_

E \_\_\_\_\_

A \_\_\_\_\_

R \_\_\_\_\_

# Turn Fear Into Success

F \_\_\_\_\_

E \_\_\_\_\_

A \_\_\_\_\_

R \_\_\_\_\_

# Know Your Audience



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# Determine the Purpose



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# Decide the Topic



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# Start with the End in Mind



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# ??? Decide the Title ???

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## Use Stories



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# Handouts



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## Practice, Practice, Practice



# Opening: Nail It!



1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

6) \_\_\_\_\_

# Grab Attention

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

# Dress for Success

A \_\_\_\_\_

P \_\_\_\_\_

G \_\_\_\_\_

E \_\_\_\_\_

F \_\_\_\_\_

M \_\_\_\_\_

# Closing: Nail it too!



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# Get Excited!

