

Public Speaking And Making Presentations



APPA Institute - 580

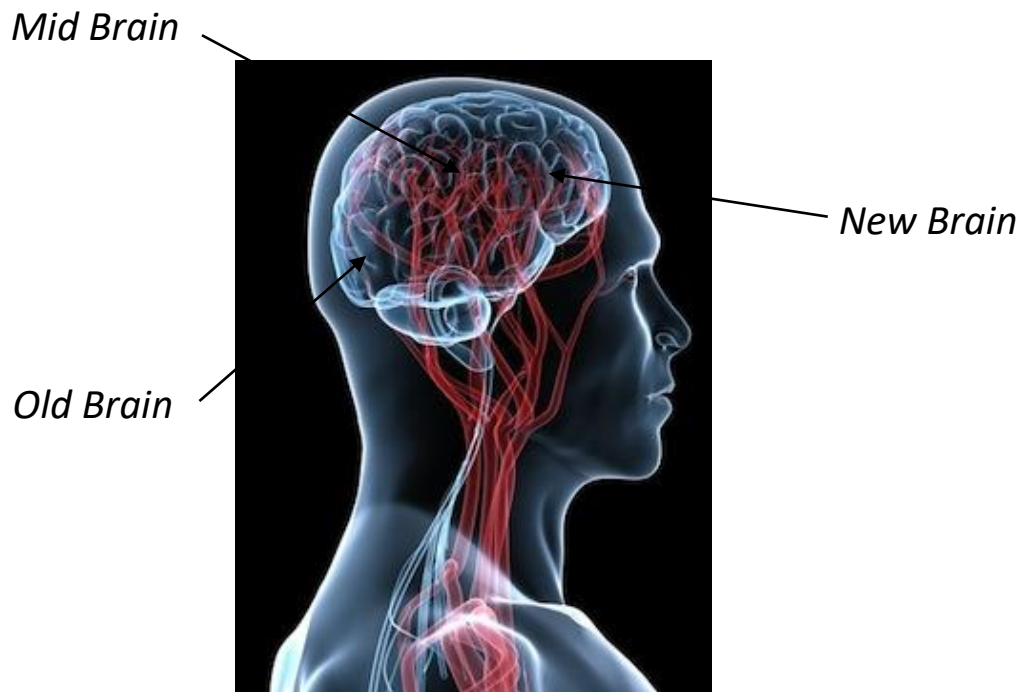
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Causes of Anxiety



Fight or Flight



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



Determine the Purpose



Decide the Topic



Start with the End in Mind



??? Decide the Title ???

Use Stories



Handouts



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!



Get Excited!

