

## 10 Tips For Successful Public Speaking

Feeling some nervousness before giving a speech is natural and healthy. It shows you care about doing well.

But, too much nervousness can be detrimental.

Here's how you can control your nervousness and make effective, memorable presentations:

1. Know the room
2. Know the audience
3. Know your material
4. Relax
5. Visualize yourself giving your speech
6. Realize that people want you to succeed
7. Don't apologize
8. Concentrate on the message-- not the medium
9. Turn nervousness into positive energy
10. Gain experience

**For more information:** Visit a Toastmasters Club near you or check out the following 2 toastmasters websites:  
[www.toastmasters.org](http://www.toastmasters.org)      [www.toastmasters.bc.ca](http://www.toastmasters.bc.ca)

## 10 Tips For Successful Public Speaking

Feeling some nervousness before giving a speech is natural and healthy. It shows you care about doing well.

But, too much nervousness can be detrimental.

Here's how you can control your nervousness and make effective, memorable presentations:

1. Know the room
2. Know the audience
3. Know your material
4. Relax
5. Visualize yourself giving your speech
6. Realize that people want you to succeed
7. Don't apologize
8. Concentrate on the message-- not the medium
9. Turn nervousness into positive energy
10. Gain experience

**For more information:** Visit a Toastmasters Club near you or check out the following 2 toastmasters websites:  
[www.toastmasters.org](http://www.toastmasters.org)      [www.toastmasters.bc.ca](http://www.toastmasters.bc.ca)