



Public speaking

Before watching

1 Think about someone who came to your school to give a talk recently or who you saw giving a talk on TV. Answer the questions.

- 1 How did he/she stand?
.....
- 2 Where were his/her arms? By his/her side? Folded?
.....
- 3 Did he/she use many hand gestures?
.....
- 4 How easy was it to understand him/her? Why?
.....
- 5 Did he/she look confident or insecure?
.....
- 6 Did you think his/her message was sincere?
.....
- 7 Did he/she generally give a good impression?
.....

While watching

2a **18** Watch the video about public speaking. Write the types of advice in the table in the order the speakers mention them. What advice isn't included in the table?



How fast • Gestures • Eyes • Intonation
How to stand • Emphasis • How loud

Type of advice	Speaker's advice
1	
2	
3	
4	
5	
6	
7	

Not included:

2b **18** Watch again. Complete the second column of the table.

3a **18** **VIDEO SKILLS** Read the video skills box. Then match the consequences (A–H) to the types of advice (1–7) in the table in 2a. Then circle if the consequence is positive (✓) or negative (X).

A	people watch your hands	✓ / X
B	people are attentive	✓ / X
C	you look confident	✓ / X
D	people don't understand	✓ / X
E	your message is clearer	✓ / X
F	you see people's interest	✓ / X
G	people feel uncomfortable	✓ / X
H	people aren't interested	✓ / X

VIDEO SKILLS: Understanding consequences

Presenting positive consequences

When you ..., you/people .../Use/Look ..., this can help you .../By giving/using ... you may ...

Presenting negative consequences

Don't ... or/otherwise you/they might ...

If you ..., people may not...

3b What do you think are the three most important pieces of advice in the video? Why?

After watching

4a Think of the last time you had to speak in public. Which advice in the table did or didn't you follow? Make two lists.

Things I did

Things I didn't do

Next time you speak in public, do you think you will be able to follow *all* the advice? Do you think you will feel more confident?

4b SKILLS 4 LIFE People often feel nervous before they have to speak in public. Find some advice about how to relax. Follow these steps.

- 1 Go online and search for advice. Search using one of these phrases or a similar one:
 - *how to relax before you speak in public*
 - *how to stay calm before giving a talk*
- 2 Refer to at least two sites. Make a note of any good advice you see, especially if it is repeated on more than one site.

REFLECT ON IT



Speaking in public is one of the most common fears. Why do you think that is? Do you think anyone can learn to do it?

Useful words: *centre of attention, shy, self-conscious, embarrassed, mistakes.*